TORONTO metro®

Lotto MAX Friday's Jackpot
$50 million estimated
PLUS 7 x $1 MILLION MAXMILLIONS PRIZES estimated

TIME FOR A CLOSER LOOK AT SHOWGIRLS

CRITICS NOW ARGUING THE MOVIE IS ACTUALLY SNEAKY SATIRE; USE METRO AR TO JUDGE FOR YOURSELF PAGE 17

Abducted girls may be put on auction block

Leader of jihadist group threatens to sell hundreds of schoolgirls kidnapped in Nigeria into slavery PAGE 12

Opposition stumbles out of the gate

NDP still need to appoint candidates in 39 ridings, while PC leader puts foot in his mouth at studio PAGE 4

The Raptors' future lies in claws of GM

Masai Ujiri needs to make some tricky moves just to keep Toronto performing at its current standard PAGE 24

NEWS WORTH SHARING.

Student beaten as onlookers yell slurs

Sutton District High. School under pressure after another racially charged incident

A black student was beaten in a York Region schoolyard as onlookers yelled racial slurs — the same high school that last year had to ban teens from wearing items adorned with the Confederate flag.

Four youths and one adult have been charged with assault in the April incident at Sutton District High School, filmed by several students who watched the attack.

One onlooker yells "pound the n-----." Others then taunt a white student after he falls, saying: "You're losing to the black kid," followed by: "Get the n-----, get pounding."

"There is deep-seated racial tension at this school" that the York public board isn't addressing, said Shernett Martin, executive director of the Vaughan African Canadian Association.

She met with the principal and superintendent after being in contact with the boy's family.

School culture

"There is deep-seated racial tension at this school" that the York public board isn't dealing with.

Shernett Martin, Vaughan African Canadian Association

York board spokesperson Licinio Miguelo said "the school has (treated) and continues to treat it very seriously and take appropriate measures."

However, the family was upset to learn of the assault at 8 p.m., when it occurred in the morning as teens got off the bus, Martin said.

The boy has medical issues and is quiet and withdrawn. His family said he'd been bullied on the bus for at least four months, she added.

"They're devastated," Martin said.

York Regional Police's hate-crime unit is monitoring the case and working with the York Region District School Board to "address education pertaining to human rights and hate crime," said Const. Andy Pattenden.

Last year, after Sutton students showed up wearing clothing and items featuring the Confederate flag, the principal banned the symbol.

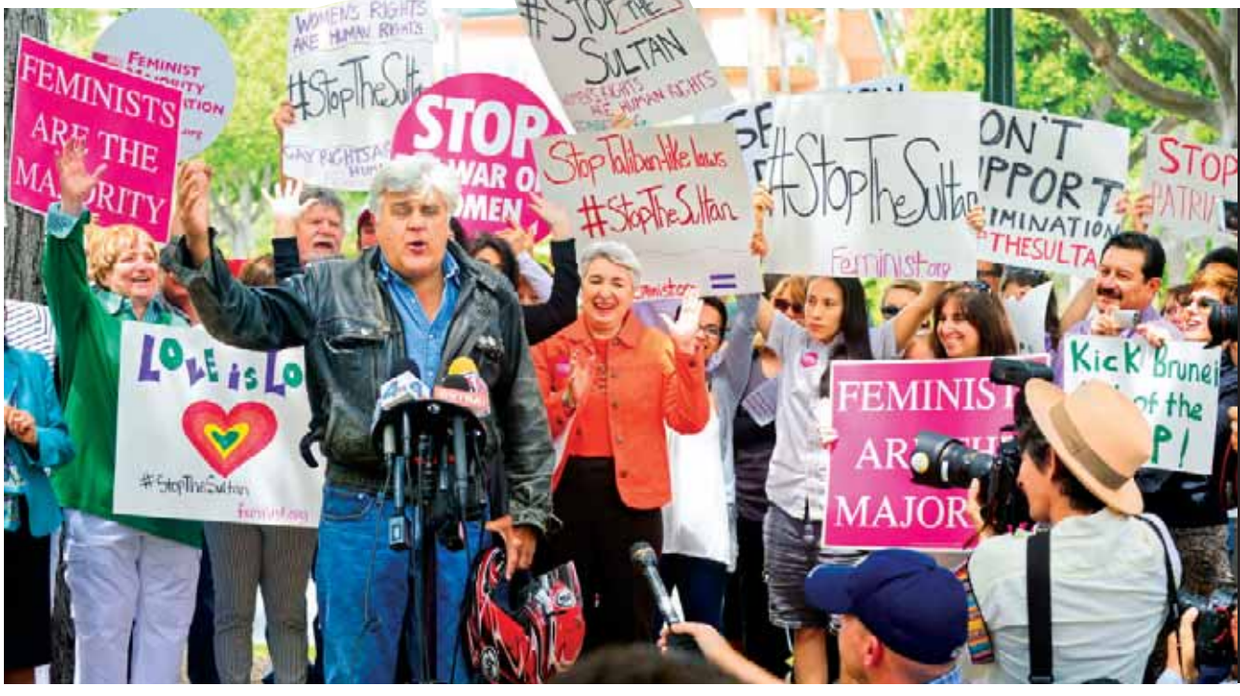
The flag has long been associated with prejudice and racism, and students were openly wearing it on belt buckles, backpacks and bandanas. At the time, the principal said only a few students were involved.

Miguelo said the school implemented new "inclusivity programs" after that, some since then and more are on the way.

"The incidents aren't necessarily related, but we are addressing the issue," he said.

Martin said this assault can't be swept under the rug and is particularly upsetting given recent, widely publicized incidents of racism.

TORSTAR NEWS SERVICE



JAY LENO TAKES A SWING AT SULTAN

Jay Leno speaks at a protest across from the Beverly Hills Hotel in Hollywood on Monday over the actions of the Sultan of Brunei, who owns the hotel. Women's rights and LGBT groups demanded the sultan rescind a Taliban-like Brunei penal code, which includes the fatal stoning of gay men and lesbians and the public flogging of women who have abortions. The Southeast Asian nation of Brunei is a potential member of the Obama administration's Trans Pacific Partnership.

FREDERIC J. BROWN/GETTY IMAGES

porter
flying refined

up to HALF OFF base fares

Up to half off base fares. Book by Thursday. No extensions.

Flights from Toronto. Book by May 8, 2014. Travel by October 5, 2014. Up to 21-day advance purchase may be required. One-way fares include all taxes, surcharges and mandatory fees. Additional charges may apply for checked baggage and other optional services.*
Fares starting from:

HALIFAX	MONCTON	MONTRÉAL	OTTAWA	QUÉBEC CITY	SAULT STE. MARIE	ST. JOHN'S	SUDBURY	THUNDER BAY
6 x daily	Daily	17 x daily	18 x daily	Daily	4 x daily	2 x daily	4 x daily	5 x daily
$177	$148	$116	$100	$135	$117	$229	$103	$134

TIMMINS	WINDSOR	BOSTON	CHICAGO	MYRTLE BEACH	NEW YORK	WASHINGTON
4 x daily	4 x daily	8 x daily	6 x daily	Service ends May 19	13 x daily	Dulles 3 x daily
$114	$103	$155	$160	$249	$142	$155

Book online or contact your travel agent.

flyporter.com

* Book by 11:59 pm Eastern Time May 8, 2014. Travel by October 5, 2014. Up to 21-day advance purchase may be required. Fares are not available May 16-19, June 27-July 1, August 1-4, August 29-September 1, 2014. Discount applies only to the regular base fare and does not apply to fees, taxes or surcharges. Lowest fares are available on Tuesday, Wednesday and Saturday departures. Fares are subject to availability and may not be available through the entire travel period. Full fare breakdown available for all itineraries on flyporter.com. Fares include all applicable government-imposed taxes and mandatory fees, which may amount to as much as $150 one-way per passenger, depending on routing. Foreign taxes will fluctuate based on the prevailing exchange rate. Fees for optional services, such as itinerary changes, additional baggage, advance seat selection, or certain special service requests, may increase overall cost. Fares are non-refundable but itineraries may be changed for a fee of up to $200 per person per direction, plus any fare differential. Other significant conditions (including a $25 first-checked bag and $35 second-checked bag fee, and charges for overweight and/or excess baggage) may change without notice and are not guaranteed until ticketed. Visit flyporter.com for more information. In case of any discrepancy between advertised fares and the fares shown on the website at the time of booking, the latter shall prevail.

porter Escapes

Air and hotel packages from Toronto

Thompson Gild Hotel

NEW YORK

★★★★

$380 + $133.23 taxes & fees

King Superior Room
Dept. July 12, 18, 19, 31
Nights: 2

Fly to and from Newark. Includes air and hotel.

Hotel Chateau Laurier

QUÉBEC CITY

★★★★

$350 + $182.19 taxes & fees

Standard Room
Dept. June 28, 29, 30, July 31
Nights: 2

Includes air and hotel.

The James Chicago

CHICAGO

★★★★

$360 + $171.44 taxes & fees

Guest Room
Dept. July 1, 2, 6, 23
Nights: 2

Fly to and from Chicago Midway. Includes air and hotel.

Book packages online, contact your travel agent or call Porter Escapes at 1-855-372-1100. TTY – Dial "711".

porterescapes.com

All-in prices shown are per person in Canadian dollars, based on double occupancy in noted room category. Limited availability. Package prices are per person, based on double occupancy and include round-trip airfare, all taxes, surcharges and mandatory fees. For full package listings and availability, visit our website.Flights are round-trip via Porter Airlines. Packages include return airfare, hotel accommodation in noted room category. All applicable taxes, surcharges and mandatory fees are additional. Airfare discount is already included in the advertised package price. Prices will vary for alternate flight times on advertised dates. Prices are for select departure dates and are accurate and subject to availability at advertising deadline, errors and omissions excepted, and subject to change. Transfers to and from airport to hotel are not included unless specified otherwise. New bookings only. Packages are subject to availability at time of booking and are subject to change without notice. Not valid on group bookings. For full terms and conditions refer to www.porterescapes.com. Ontario registration Number 84153 4506. Porter Escapes Inc is a TICO licensed company. TICO # 50019770. Billy Bishop Toronto City Airport, Toronto, ON, Canada M5V 1A1.

tico.ca

MCIT

Police add new mental-health team

A new mental-health crisis team — a specialized police unit consisting of a uniformed officer and a mental-health nurse — is now available in two police divisions in North York.

Toronto police announced the mobile crisis intervention team (MCIT), the force's sixth, on Monday. As of December, MCITs were available only in 12 of Toronto's 17 police divisions. The new unit means 32 and 33 Divisions now have their own team, in partnership with North York General Hospital.

MCITs are not the primary responders in a crisis. Before the specialized team can move in, officers must first clear the scene and ensure there is no threat of violence. TORSTAR NEWS SERVICE

Bloor West

Book City returning to High Park

It's become more common lately to mourn the loss of a book store than celebrate an opening, but this June, Book City's bright yellow awning with the jazzy font will return to High Park.

"I believe print's not dead. Whether I'm just being stubborn or not," said manager Ian Donker, whose father retired from running the business when the Annex store was shuttered in March, leaving three in the family-owned chain.

The Bloor West Village Business Improvement Area is thrilled, as are pedestrians who have noticed the temporary sign announcing the comeback, said chairperson Paula McInerney.
TORSTAR NEWS SERVICE

I come from Alabama with a banjo on my knee ...

Students from Chris Hadfield Public School in Milton join voices with Dr. Hooley McLaughlin, chief science officer, to celebrate Music Monday's 10th anniversary at the Ontario Science Centre. Music Monday, a nationwide event organized by the Coalition for Music Education, united about 350,000 Canadians to help bring awareness to the importance of music education for young people. The event also featured astronaut Chris Hadfield in Edmonton. CONTRIBUTED

Mississauga transit projects face new delays

Transitway and lot.
Complex utility work to blame, says official

Two key Mississauga transit improvements — the new Mississauga Transitway and the Clarkson GO Station parking lot — are facing further delays to completion schedules that had already been extended.

The first phase of the city's bus rapid transit route won't open until November, a year after its originally scheduled launch last fall. Utility relocations are largely to blame, said Andy Harvey, the city's director of engineering and construction.

In September the city cited elevator construction delays at the stations. At the time, Mississauga officials said the first phase of the project, from Hurontario to Dixie, would open this spring rather than late last year as originally planned.

But Harvey said the city's largest, most complex project still requires major utility work.

"We're eager to open it up. We want to serve the public," he said.

But the construction, which began in 2010, means the city is "negotiating with many, many parties on this," said Harvey.

"There's a lot of (utilities) going through there. You've got all kinds of pipelines going through to the airport — hot water, sewer, storm drainage, gas, Enbridge, Rogers, other communication companies. It's more than one thing. It's just riddled through with a number of those things," he said.

The four stations that are supposed to open first are Central Parkway, Cawthra, Tomken and Dixie Road.

Meanwhile, Metrolinx has already begun building its part of the Transitway, with stations at Winston Churchill and Erin Mills Parkway.
TORSTAR NEWS SERVICE

Final vision

The complete, 18-kilometre Transitway is supposed to officially open in 2016, connecting the bus lanes along Highway 403 with the Mississauga City Centre along Centre View Drive and Rathburn Road, and then continuing east along a separate corridor to Renforth Drive. It is expected to cut some trip times in half.

Get a Fresh Financial Start

Get Out of Debt Without Bankruptcy Without Loans

SPEAK TO THE Licensed Debt Professionals
FREE CALL
310-9200
(NO AREA CODE NEEDED)

DAVID SKLAR & ASSOCIATES INC.
Licensed Credit Counsellors · Licensed Proposal Administrators · Trustee in Bankruptcy

www.DavidSklar.com

David Sklar, CPA, CA, CIRP, Trustee

John Tory. Pollster's lawsuit against mayoral candidate settled

Toronto mayoralty candidate John Tory and a prominent pollster have settled a dispute over the company's claims it got stiffed for $46,502 for work it did testing the mayoralty waters four years ago.

In January, Pollara Inc. launched a lawsuit against Tory alleging the firm was owed fees for work that included conducting a "mayoralty survey, focus group services and a telephone survey" in July 2010.

The Bay Street public opinion and marketing firm says it submitted three invoices totalling $71,502 but Tory had, as of January 2014, paid only $25,000.

"Despite demand being made ... Tory has refused to pay the balance owing," says the statement of claim filed in January in Ontario Superior Court of Justice.

However, on Monday both parties said the matter was resolved.

"Both parties had discussions with the view to resolving the matters outlined in the statement of claim," Amanda Galbraith, Tory's spokesperson, stated in email. "Those discussions resulted in an amicable conclusion."

Pollara's Craig Worden confirmed the same in email Monday afternoon.

"There is no issue here," wrote Worden, who is the firm's executive vice-president, public affairs. "We just issued a statement of claim in an abundance of caution. But, the matter was amicably resolved."

TORSTAR NEWS SERVICE

Dutch Dreams and ice creams

These youngsters were among the hundreds lined up for free ice cream to mark the 30th anniversary of family-run ice cream shop Dutch Dreams near Vaughan and St. Clair on Monday. Rapper Drake and Karen Stintz were among them, reports say. The Toronto landmark is set to move to a new location a few blocks away. CENTRAL IMAGE AGENCY/FOR METRO

Show not quite ready to hit the road

Manic Monday. Hurried election campaign leaves some scrambling

The 2014 Ontario election campaign was called in a hurry and it shows. Even though the possibility of a spring election has been rumoured for months, party organizers appear to have been caught flat footed.

That includes the NDP, whose leader, Andrea Horwath, triggered the election by announcing Friday she would not be supporting the minority Liberal government's budget.

The New Democrats still have to appoint candidates in 39 ridings, don't yet have a fully formed campaign platform, and don't have a bus for reporters covering them, as parties traditionally do.

On Monday morning, it was PC Leader Tim Hudak who took a slight stumble out of the blocks with the decision to talk about job creation at a Mississauga sound studio when in fact his party voted against a Liberal $45-million funding initiative to help the music industry.

The Hudak Tories voted against the Ontario Music Fund — contained in the 2013 budget — that supports homegrown talent, music companies and special music events. Hudak would not specifically talk about it, only that the budget was unacceptable to his party.

"I think the biggest thing we can do to create jobs in Ontario is balance the budget ... it also means lower taxes so ... the team here at MetalWorks will expand their operation," he told a news conference.

Hudak adamantly opposes what he calls "corporate welfare" being handed out to create jobs.

While a large unmarked bus carried just two reporters to the studio, party officials said a fully equipped Tory bus will be available Wednesday for $7,500 per seat for the duration of the campaign.

Visiting a Brampton strip mall to tout her bid for small business votes, Horwath's first stop was George's Convenience, where she chatted up owner George Georges, who was too shy to say before the cameras what he really wants — the right to sell beer and wine, something the NDP opposes. "I would like to see that. It makes common sense," said Georges, an Iraqi immigrant who has owned the store 15 years.

"Within five years or so half the convenience stores could be gone. Beer and wine is the only way to go," added Georges, who said he's an undecided voter.

Horwath also pressed Wynne and Hudak to agree to five televised debates during the 41-day campaign.

In contrast, Liberal Leader Kathleen Wynne's campaign appeared to be a well-oiled machine, suggesting Grit claims of not wanting an election may be overstated. TORSTAR NEWS SERVICE

Ontario NDP Leader Andrea Horwath (reflected in mirror) chats with a store owner while campaigning in Brampton on Monday. FRANK GUNN/THE CANADIAN PRESS

Liberal camp

With two wrapped buses — one for Liberal Leader Kathleen Wynne and one for reporters, whose news organizations pay $8,000 per seat — the Liberals are highly visible on the hustings.

- The buses, equipped with desks, Internet, a printer, TVs, fridges, a microwave, coffee machine, water cooler,and bathroom, cost $100,000 apiece to equip.

TWO COUNTRIES, ONE UNLIMITED PLAN.

Unlimited data, talk & text in Canada and across the USA. $39/month

OFFER ENDS SOON

Samsung® Galaxy S5

WIND® true mobile freedom™

Offers are valid as of April 14th, 2014 and are available for a limited time and are subject to change or cancellation without notice. All unlimited plan features are available from anywhere on our network, otherwise domestic roaming rates apply. $39 promotional plan cannot be combined with the Bring/Buy Your Own Phone offer. For eligible devices, the $39 plan may be activated in conjunction with WINDtab. All services subject to WIND's Terms of Service, Fair Usage Policy and Internet Traffic Management Policy and are for personal use by an individual. Applicable taxes extra. Additional terms and conditions apply. Learn more at WINDmobile.ca. © 2014 Samsung Electronics Canada Inc. All rights reserved. Samsung is a registered trademark of Samsung Electronics Canada Inc., and Samsung Galaxy S5 is a trademark of Samsung Electronics Canada Inc. and/or its related entities, used with permission. Screen images simulated. WIND, WIND MOBILE and TRUE MOBILE FREEDOM are trademarks of Wind Telecommunicazioni S.p.A and are used under license in Canada by Globalive Wireless Management Corp. © 2014 WIND Mobile

A realtor will guide you to the right house.

We'll guide you to the right mortgage.

A mortgage pre-approval, a step-by-step online guide and a great rate. Everything you need – and want – when buying your first home.

Visit **bmo.com/homebuyersguide** to learn more and to find a BMO Mortgage Specialist near you.

/BMOcommunity @BMO

BMO Bank of Montreal

Making money make sense®

®Registered trade-marks of Bank of Montreal.

Throw momma on a plane.
Flights are better than flowers.

Save on select flight and hotel packages to the U.S., Mexico and Caribbean for travel from May 21 to July 23, 2014 on select days. Blackout dates apply.*

Here are a few samples of great vacation packages that are on sale, non-stop flights from Toronto:

Las Vegas
From $529* Plus $160 taxes & fees
Treasure Island Hotel & Casino ★★★★
Round-trip air + 3 nights
Travel June 1, 2014

Bermuda
From $1369* Plus $215 taxes & fees
Grotto Bay Beach Resort ★★★★
Round-trip air + 7 nights + transfers
Travel June 3, 2014

Book today at westjetvacations.com/seat-sale or call your travel agent.

WESTJET vacations

WestJet Vacations Sale: *Book by May 8, 2014 (11:59 p.m. MT). Round-trip from Toronto. Other departure cities and dates available for travel from May 21 to July 23, 2014, prices may be higher. Blackout dates from June 26 to July 2, 2014. For U.S. destinations, travel on Tuesdays, Wednesdays, Thursdays or Saturdays. For Mexico and Caribbean destinations, travel any day of week where WestJet offers scheduled service. Price is per guest, based on double occupancy unless otherwise specified. Limited quantities available. Advertised fares are based on non-stop flights. Sale on vacation packages varies by destination and travel date. Sale on vacation packages are discounted by a reduction in the price of the air component of the package. Taxes and fees not included. Taxes for U.S., Mexico and Caribbean destinations can fluctuate based on exchange rate. Fuel surcharge between $44 - $90 round-trip still applies to Air Miles™ redemption bookings. Transfers not included unless otherwise specified. Advance booking required. Non-refundable. Offer limited and subject to availability. Price is accurate at time of printing deadline. New bookings only. Visit westjetvacations.com/seat-sale for full seat sale details. **Ontario travel agents are covered by TICO. Mailing address: 6085 Midfield Road, Toronto, ON L5P 1A2. TICO registration number: 50018683.**

10 CMW acts to see

Make some noise, T.O. Unexpected gems can be found among the 800-plus shows

MIKE BENHAIM
toronto@metronews.ca

Canadian Music Week (CMW) encompasses three great elements: It's Canadian, there's music, and it's happening all week!

But, while it celebrates our nation's recording industry it's also recognized on a much broader spectrum, showcasing artists in every conceivable genre from all over the world.

You better claim a staycation this week if you plan on attending even a small portion of the more than 800 shows scattered throughout Toronto beginning Tuesday.

International heavyweights like Janelle Monáe and Ellie Goulding, as well as indigenous superstars Tegan & Sara and Walk Off The Earth are performing in the lineup, but the true experience lies in catching artists sitting on the periphery of stardom.

Lovers of any music type will inevitably unearth some delightfully unexpected gems at this year's events.

Here are some acts to consider seeing:

Janelle Monáe, seen here performing in a West Hollywood, Calif., show last month, will be in town for CMW. CHRIS PIZZELLO/INVISION/THE ASSOCIATED PRESS

The Archers
Dropping in amidst a nationwide tour to share their brand of Mumford-Lumineery harmonic folk-rock.
Friday, May 9 at 12 a.m.
The Central

The Balconies
Frontwoman Jacquie Neville is equal parts Pat Benatar and Zooey Deschanel. Accompanied by powerful guitar, drums and gutsy basslines, it's rock with pop danceability and good lyrics. The veteran faves of CMW are back by increasingly popular demand.
Friday, May 9 at 9 p.m.
Horseshoe Tavern

Nikki Yanofsky
Remember that little girl who sang our anthem at the opening of the 2010 Winter Olympics? Well, she's a woman now and taking the world by storm.

Come and see this jazz/pop princess before she turns into a complete diva.
Friday, May 9 at 10:30 p.m.

King Reign
The hip-hop artist's hip-hop artist: With gritty lyrics, plush voice — like running your hand across velvet, only against the grain.

He raps and everybody listens, including Canadian rap royalty and recent collaborators like Drake, Saukrates and Kardinal Offishall.
Saturday, May 10 at 11 p.m.
Baltic Avenue

Glorious Sons
They're old-school rock 'n' roll, which my mama always said was "here to stay." Coincidentally, their first single is entitled Mama and it made fans turn up the dial for its followup White Noise.
Thursday, May 8 at 8 p.m.
Adelaide Hall

Jeremy Fisher
Part Simon, part Garfunkel with bits of dry humour found in his songwriting and his onstage banter. Bring a date.
Thursday, May 8 at 11 p.m.
Rivoli

Tara Holloway
Young singer-songwriter Tara Holloway swoops in under the radar to snatch unsuspecting fans with her raw, soulful, lyrical country-rock.
Wednesday, May 7 at 12:00 a.m.
Cadillac Lounge

Tasha the Amazon
Who can resist a hard-rapping amazon? She's captivating, but if you're expecting commercial hip-hop, stop, drop and get ready for something innovative, ethereal, and completely compelling
Thursday May 8 at 1 a.m.
Wrongbar

Cerebral Ballzy
Bringing us Brooklyn thrashcore punk, because even polite Canadians have to let loose and punch each other in the face sometimes.
Saturday, May 10 at 12 a.m.
Lee's Palace

Med-pot firm ships first order

Tweed Marijuana, Canada's first publicly traded medical marijuana company, says it has shipped its first orders of the drug to clients.

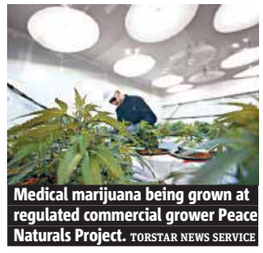
Tweed started trading on the Toronto Venture Exchange last month and has a market capitalization of more than $113 million.

The company said Monday that the marijuana was produced at its Smiths Falls facility, near Ottawa, and complies with federal regulations.

New federal rules that started April 1 requires marijuana users to get their medical pot supply from commercial growers. But a federal court injunction in March allows some users to continue growing their own pot until a wider constitutional challenge of the regulations is heard — a ruling Health Canada says it plans to appeal.

Under the new system, patients send a form signed by their doctor to the commercial producers of their choice. The marijuana will then be shipped directly to them using a secure courier, such as Canada Post or a private company.

More than 37,000 Canadians are authorized to posses marijuana for medicinal purposes, such as minimizing the effects from a variety of ailments ranging from cancer to spinal cord injury to attention-deficit disorder.



Medical marijuana being grown at regulated commercial grower Peace Naturals Project. TORSTAR NEWS SERVICE

As of early February, Health Canada had received more than 450 applications from prospective producers, with about 25 new applications arriving every week.

Producers also include Ontario's Peace Naturals Project and MediJean Distribution Inc. in Vancouver. THE CANADIAN PRESS

Growing demand

Health Canada has said the number of patients consuming medical marijuana in the country could increase to between 300,000 and 400,000 within a decade.

Tuesday, May 6

TODAY ONLY

In store and at thebay.com with free online shipping over $99

See below for details.

Save $250

$149.99

Regular $400

LE CREUSET 3.5 L enamelled cast-iron sauté pan

This oven-to-table cast-iron pan with lid is perfect for making stews, soups and casseroles. Available in cherry red or Marseille blue. 27 cm diameter. Made in France.

One Day Sales cannot be combined with other offers.
Excludes Seniors Day extra 15% off promotion.

Plus, 30% off all other

Le Creuset open stock cookware, bakeware and kitchen accessories

One Day Sales cannot be combined with other offers.
Excludes Seniors Day extra 15% off promotion.

Mother's Day is Sunday, May 11

HUDSON'S BAY

Be the first to know about our One Day Sales. Sign up at thebay.com or follow us on:

$10 Canada sunglasses

One third of the proceeds from each pair of Canada sunglasses supports our athletes through the Canadian Olympic Foundation.

Exclusively ours

HUDSON'S BAY OFFICIAL OUTFITTER

No rain checks and no price adjustments. No pre-orders or telephone orders. Offer available while quantities last. Cannot be combined with other offers. Selection may vary by store. Savings are off our regular prices unless otherwise specified. See in store for details.
FREE SHIPPING: Receive free standard shipping on a total purchase amount of $99 or more before taxes. Offer is based on merchandise total and does not include taxes or any additional charges. Free standard shipping is applied after discounts and/or promotion code offers. Offer not valid at Hudson's Bay or any other HBC stores. Additional fees apply for Express or Next Day Shipping. Applies to Canadian delivery addresses only. Excludes furniture, canoes, patio furniture, patio accessories, barbecues and mattresses.

"I want a bank that works as hard as I do."

We hear you. We're ranked highest in customer satisfaction.

And we've been ranked "Highest in Customer Satisfaction Among the Big Five Retail Banks, 8 Years in a Row"[1] by J.D. Power. Come in today to open an All-Inclusive or Unlimited account and find out what you've been missing.

Visit a branch or tdcanadatrust.com/switch

[1] TD Canada Trust received the highest numerical score among the big five retail banks in the proprietary J.D. Power 2006–2013 Canadian Retail Banking Customer Satisfaction Studies℠ 2013 study based on 21,815 total responses and measures opinions of consumers with their primary banking institution. Proprietary study results are based on experiences and perceptions of consumers surveyed May 2013. Your experience may vary. Visit Jdpower.com. ® The TD logo and other trade-marks are the property of The Toronto-Dominion Bank.

A Martian space habitat is shown in this artist's rendering. The number of Canadians in the running for a planned one-way trip to the red planet has been reduced to 54 as Mars One pared down its list of candidates on Monday.
BRYAN VERSTEEG/SPACEHABS.COM/THE CANADIAN PRESS

54 Canadians remain on Mars standby list

Fantastic voyage. Ambitious Mars One project pares down the number of potential applicants for one-way mission to red planet

The number of Canadians in the running for a planned one-way trip to Mars has been reduced to 54 as Mars One pared down its list of potential worldwide candidates on Monday.

The Dutch-based non-profit organization said 705 people still remain in contention and will be subject to an interview by their selection committee.

The Mars One project, an ambitious plan to establish a permanent human settlement on the planet beginning in 2025, is the brainchild of Dutch entrepreneur Bas Landorp.

The 54 Canadians remaining are divided equally between male and female candidates.

Christy Foley, a 33-year-old Alberta government employee, is among the candidates who'll get an interview.

Foley said Monday she's not having any second thoughts about the one-way trip and is still very excited, adding her family doctor appeared surprised when she explained the reason for a complete medical.

"He said he never had this type of request before, so I guess Edmonton doesn't produce many astronaut wannabes," Foley said.

She and her husband had both applied when the call went out, but he was not chosen.

The majority of the remaining 54 Canadian hopefuls are from the Toronto region, but there's also a large contingent from British Columbia. Alberta and Quebec are next on the list, but other provinces also boast candidates. THE CANADIAN PRESS

Seeing red — they hope

Initially, Mars One had an applicant pool of more than 200,000 from 100 countries, including 8,243 Canadians.

- Last December, the organization reduced that to 1,058 candidates, including 75 Canadians.
- One-third of those were eliminated, leaving the current crop of 705.

Redford returns to legislature

Former Alberta premier Alison Redford DEAN BENNETT/THE CANADIAN PRESS

Former Alberta premier Alison Redford has returned to the legislature for the first time since she quit more than a month ago.

Redford is now a government backbencher representing the riding of Calgary-Elbow.

She has not been in the house since she stepped down March 23, but says she has been working in her constituency.

She did not answer questions on stories that have made headlines since her resignation, including a plan to have taxpayers build her a lavish penthouse suite on top of a government building.

Redford says those issues have been addressed by others in government and she has nothing to add.

She says her time away included a much-needed family vacation in Palm Springs.
THE CANADIAN PRESS

Military. Canadian officer testifies harassment led to his desertion in Florida

An officer in the Royal Canadian Navy who pleaded guilty to desertion testified Monday that he left his post on a ship after he was subjected to deplorable behaviour that included a colleague urinating on his cabin floor.

Lt. Derek De Jong, 43, told a court martial that while he was wrong to leave his post aboard HMCS Preserver, he was harassed and his commanding officer failed to properly investigate his concerns.

De Jong left the supply vessel on Sept. 17, 2012, while it was docked in Key West, Fla., and he returned to Halifax, where he turned himself in to military police.

He said there were a series of incidents leading up to his desertion that began in late August that year.

On Aug. 20, De Jong had a conflict with another crew member over the handling of alleged misbehaviour by a female subordinate, he told his sentencing hearing.

The next day, a female officer came into his cabin while he was still asleep, pulled down her pants, squatted and urinated on the floor, he said. De Jong said he reported the incident to the supply officer and the ship's commanding officer but no formal inquiry resulted.

He said a senior officer later joked, "Some men have to pay for a service like that," and a sign was briefly attached to his cabin door that said, "Women's head," a reference to a nautical term for a woman's bathroom.

"I don't think people should have to tolerate this kind of behaviour," De Jong said Monday.

He said after the incident he felt he was working in a "toxic" environment, and he heard secondhand that he was no longer welcome in the wardroom among officers and other colleagues.

The maximum sentence for desertion under the National Defence Act is life in prison. THE CANADIAN PRESS

Elections

NDP calls on PM to answer questions about robocalls

The NDP wants Prime Minister Stephen Harper to explain how the Conservative party's massive database wound up being used to send misleading robocalls to voters during the 2011 election campaign, with a motion planned to move Tuesday asking to study the ways the database was used as "a voter suppression tool." THE CANADIAN PRESS

Opposition

Compassion demanded for soldier with PTSD

Opposition parties accused the Harper government of breaking its word, demanding the military show compassion for Master Cpl. Kristian Wolowidnyk, who attempted suicide last year and has been put back on the fast-track for dismissal.
THE CANADIAN PRESS

Switch to TD and get the latest 8" Samsung Galaxy Tab4, FREE.[1]

Open an All-Inclusive or Unlimited account today.

Visit a branch or tdcanadatrust.com/switch

TD

[1] Offer available through July 31, 2014 but may be changed, extended or withdrawn at any time without notice. Conditions apply. See us for details. Samsung and Samsung Galaxy Tab are registered trademarks of Samsung Electronics Co., Ltd., used with permission. Screen images simulated. Product may not be exactly as shown. ® The TD logo and other trade-marks are the property of The Toronto-Dominion Bank.

N.L. town puts whale on eBay

Free shipping? Scheme shot down by site, now mayor hopes museum will show interest

A sperm whale carcass sits on shore in Cape St. George, N.L., in this recent photo. The large carcass recently washed ashore, posing a problem other Newfoundland communities have had to deal with this season: how to dispose of one. CONTRIBUTED

A Newfoundland town's efforts to have a dead sperm whale removed from its coastline have hit a snag.

But the mayor of the community remains hopeful that someone will step forward to take the carcass of the 12-metre mammal off his hands.

Peter Fenwick, the mayor of Cape St. George on Newfoundland's west coast, put the whale up for sale on eBay. But the website took the auction down Monday because it violates its policies on animals and wildlife products, Fenwick said.

"Our major objective was to get rid of the whale, and we feel that there may be enough (people) out there who know about it, who may be interested in it," said Fenwick in an interview.

"So then we thought, 'Maybe there's a museum somewhere that would like to purchase it, and if there is, let's advertise it on eBay and see if anybody is interested.'"

He said he received a call from the federal Environment Department earlier in the day saying the sale of the whale could violate environmental regulations.

Two other Newfoundland communities recently reached a deal with the Royal Ontario Museum to retrieve the carcasses of blue whales that were rotting along their shores.

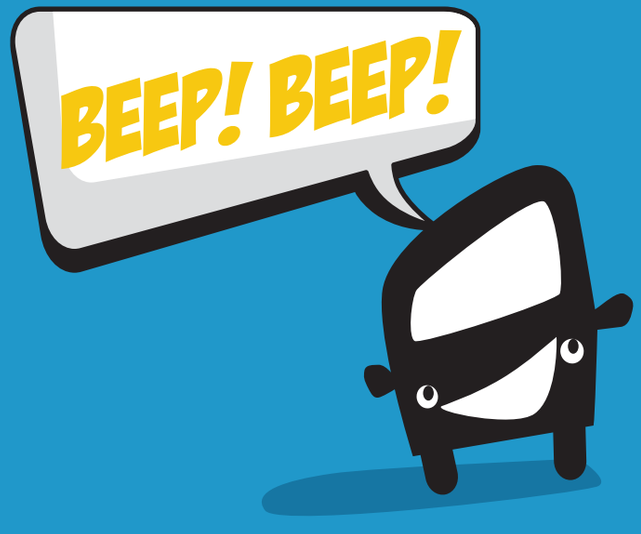
"If they call us, we'll be glad to talk to them and if they can come on down and arrange for a bit of equipment to do something, fine, they can get a free whale," said Fenwick with a laugh. THE CANADIAN PRESS

Scan the photo below with your Metro News app to see a photo gallery of the Animal Hall of Fame inductees and their heroic tales.

Brave animals become Hall of Famers

Edmonton police officer Const. Matthew Williamson looks at a photo of him and his service dog Quanto during the 46th annual Purina Animal Hall of Fame ceremony in Toronto on Monday. Quanto died from stab wounds during an altercation with a suspect in the line of duty. The five-year-old German shepherd was among the four dogs and one cat being honoured. The event recognizes extreme acts of courage, bravery and devotion by Canadian pets and service animals. NATHAN DENETTE/THE CANADIAN PRESS

Want to see how your car insurance measures up?



Call or visit us online for 10 quotes in just a few minutes.

1-855-821-7312

InsuranceHotline.com

Neighbour tells trial he believes Pistorius shot girlfriend in error

Two-week recess.

Defence tries to regain momentum after prosecutors appear to poke holes in double-amputee's story

Oscar Pistorius cradles his head in his hands in court Monday at the resumption of his murder trial, following a two-week break, in Pretoria, South Africa. THOBILE MATHONSI, POOL/THE ASSOCIATED PRESS

Using witness accounts of a panicked nighttime phone call from Oscar Pistorius begging for help and his desperate pleas for Reeva Steenkamp to stay alive, the defence at his murder trial tried to reinforce its case Monday that the double-amputee Olympian fatally shot his girlfriend in a tragic error of judgment.

Johan Stander and his daughter Carice Viljoen, neighbours and friends of Pistorius, testified that they were at the runner's villa soon after the shooting on Feb. 14, 2013 and that Pistorius was praying, trying to help Steenkamp breathe and urging her to live. The world-famous disabled runner had shot four times through a toilet cubicle door minutes earlier, hitting Steenkamp in the hip, arm and head.

Stander testified that Pistorius phoned him at around 3:19 a.m. — about two minutes after the shooting. Pistorius told him he had thought Steenkamp was an intruder and shot her, Stander testified, and Stander and his daughter went to Pistorius' house after the runner pleaded for him to come.

"I saw the truth there that morning" Stander testified, saying he believed the shooting was accidental because of Pistorius' desperation when they found him carrying a bloodied Steenkamp downstairs. THE ASSOCIATED PRESS

Prosecutors' version

Prosecutors maintain Oscar Pistorius, 27, is lying about the perceived trespasser, and his story is designed to cover up that he killed his girlfriend in the midst of a heated argument.

- The prosecution has focused on events before the killing — and not Pistorius' demeanour afterward — to try and show that his version is a fabrication.

Circus accident. Investigators focus on broken clamp

A carabiner is the only piece of equipment investigators have found that failed in a circus accident in which eight aerial acrobats plummeted to the ground, a public safety official said Monday.

Providence Public Safety Commissioner Steven Pare stopped short of saying the broken carabiner was the cause of Sunday's accident at the Ringling Bros. and Barnum and Bailey circus. He said federal workplace safety investigators were trying to determine why it snapped.

The four- to five-inch steel clamp was one of several pieces at the top of a chandelier-like apparatus that suspended the performers in the air, fire officials said. The clip was found in three pieces on the ground with its spine snapped.

Two of the acrobats were in critical condition Monday. Family members say their injuries included a pierced liver and neck and back fractures.

Performers hang during a stunt at the Ringling Brothers and Barnum and Bailey Circus May 2. COURTESY FRANK CAPRIO/THE ASSOCIATED PRESS

Stephen Payne, a spokesman for Feld Entertainment, the parent company of Ringling Bros., said none of the injuries appear to be life-threatening.

The circus said the women are from the United States, Brazil, Bulgaria and Ukraine. THE ASSOCIATED PRESS

"The Schulich MBA takes you beyond the comfort of a traditional classroom with innovative, real-world learning. I developed the skills I needed to gain a competitive career advantage."
CHANCE MORAN (MBA '12)
Associate, Equity Derivatives Trading
CIBC World Markets Inc.

Schulich MBA

#1 MBA in Canada

Nineteen cutting-edge specializations. Private, public and non-profit frameworks. Strategic consulting project with real clients. Integrate theory and hands-on learning to maximize career options. Experience Schulich.

Schulich MBA Programs: MBA (Full-Time, Part-Time, Accelerated), IMBA, MBA/JD, MBA/MFA, MBA/MA
Masters Programs: Master of Finance (MF), Master of Business Analytics (MBAN), Master of Accounting (MAcc)

Global Reach. Innovative Programs. Diverse Perspectives.

Schulich School of Business | YORK UNIVERSITÉ UNIVERSITY

PROGRAM INFORMATION SESSION

Downtown Campus
May 7, 6:00 pm – 7:30 pm
Miles S. Nadal Management Centre, 222 Bay St., Ste. 500

Main Campus
May 20, 6:00 pm – 7:30 pm
Schulich School of Business, York University, 4700 Keele St.

To register, visit: schulich.yorku.ca/infosessions

Schulich Leads in Rankings Schulich is ranked in the world's top tier of business schools by *The Economist* (#22 in the world); *Forbes* (10th best non-US school); *Bloomberg Businessweek* (13th best non-US school); *Corporate Knights* (#1 in the world); The Aspen Institute, a US think tank (#2 in the world in Social and Environmental Leadership); and *Expansión* (#21 in the world) in their most recent global MBA surveys. The Schulich MBA is also ranked #1 in Canada by *The Economist*, *Forbes*, *Corporate Knights*, The Aspen Institute and *Expansión*.

Boko Haram leader threatens to sell kidnapped girls in Nigeria

National outrage.
Protesters criticize military, President Goodluck Jonathan for inaction

Nigeria's Islamic extremist leader is threatening to sell the nearly 300 teenage schoolgirls abducted from a school in the remote northeast three weeks ago, in a new videotape received Monday.

Abubakar Shekau for the first time also claimed responsibility for the April 15 mass abduction, warning that his group plans to attack more schools and abduct more girls.

"I abducted your girls," said the leader of Boko Haram, which means "Western education is sinful."

He described the girls as "slaves" and said, "By Allah, I will sell them in the marketplace." The hour-long video starts with fighters lifting automatic rifles and shooting in the air as they chant "Allahu akbar!" or "God is great."

It was unclear if the video was made before or after reports emerged last week that some of the girls have been forced to marry their abductors — who paid a nominal bride price of $12 — and that others have been carried into neighbouring Cameroon and Chad. Those reports could not be verified.

In the video, Shekau also said the students "will remain slaves with us." That appears a reference to the ancient jihadi custom of enslaving women captured in a holy war, who then can be used for sex.

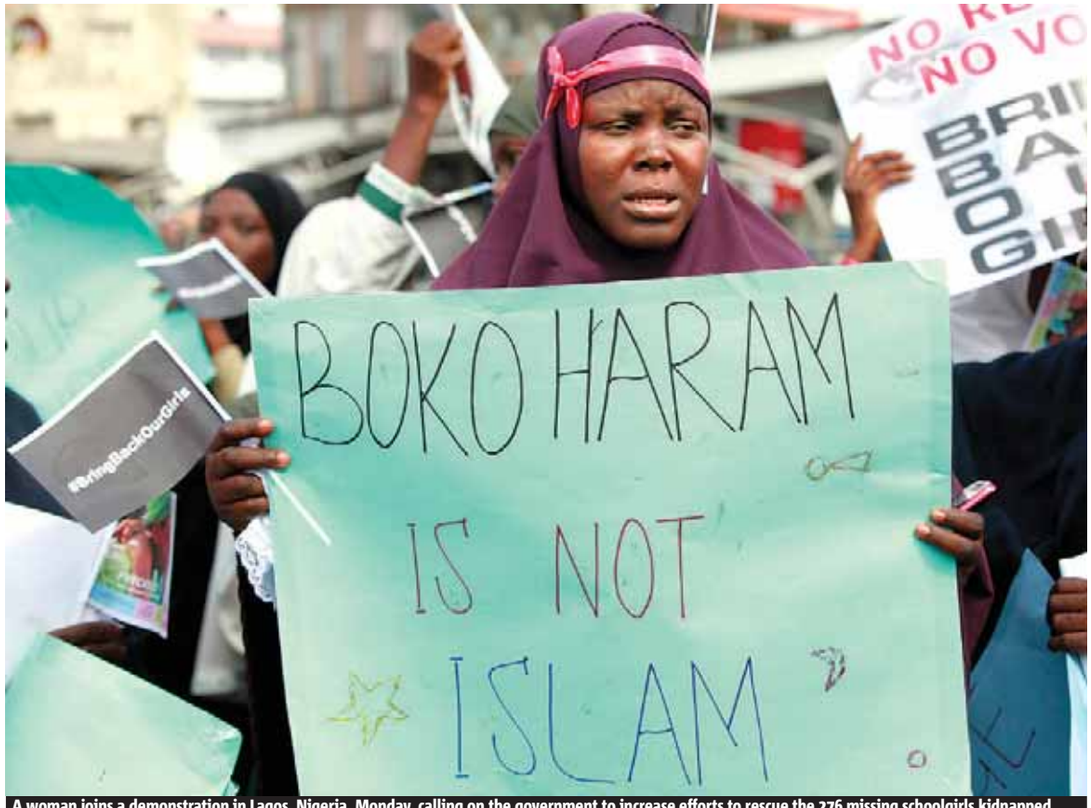
"They are slaves and I will sell them because I have the market to sell them," he said, speaking in the Hausa language of northern Nigeria.

The video was reviewed by The Associated Press, and both the face and the voice of the leader of Boko Haram were recognizable.

Shekau brushed off warnings that the abductions could be an international crime, saying in English, as if to reach his accusers in the international community: "What do you know about human rights? You're just claiming human rights (abuses), but you don't know what it is."

The mass abduction and the military's failure to rescue the girls and young women have ignited national outrage with demonstrations in major cities. Protesters accused President Goodluck Jonathan of insensitivity to the girls' plight.

THE ASSOCIATED PRESS



A woman joins a demonstration in Lagos, Nigeria, Monday, calling on the government to increase efforts to rescue the 276 missing schoolgirls kidnapped from the Chibok government secondary school. SUNDAY ALAMBA/THE ASSOCIATED PRESS

WHO declares spread of polio a public health emergency

In this file photo from April of last year, a Somali child receives a polio vaccine at the Medina Maternal Child Health Center in Mogadishu, Somalia. BEN CURTIS/THE ASSOCIATED PRESS FILE

For the first time ever, the World Health Organization on Monday declared the spread of polio an international public health emergency that could grow in the next few months and unravel the nearly three-decade effort to eradicate the crippling disease.

The agency described current polio outbreaks across at least 10 countries in Asia, Africa and the Middle East as an "extraordinary event" that required a co-ordinated international response. It identified Pakistan, Syria and Cameroon as having allowed the virus to spread beyond their borders, and recommended that those three governments require citizens to obtain a certificate proving they have been vaccinated for polio before travelling abroad.

"Until it is eradicated, polio will continue to spread internationally, find and paralyze susceptible kids," Dr. Bruce Aylward, who leads WHO's polio efforts, said during a press briefing. Critics, however, questioned whether Monday's announcement would make much of a difference, given the limits faced by governments confronting not only polio but armed insurrection and widespread poverty.

"What happens when you continue whipping a horse to go ever faster, no matter how rapidly he is already running?" said Dr. Donald A. Henderson, who led the WHO's initiative to get rid of smallpox, the only human disease ever to have been eradicated. THE ASSOCIATED PRESS

Greece's Aegean Sea.
Smuggling boats capsize, killing migrants

At least 22 people — including families trapped in a flooded cabin — drowned when a yacht and a dinghy crammed with migrants trying to slip into Greece capsized Monday in the eastern Aegean Sea, authorities said.

Rescue teams led a search for up to seven more people missing, in what was one of the deadliest migrant boat accidents in Greek waters in recent years and the third fatal one this year. Many on board were from war-torn or unstable countries in the Middle East and Africa. THE ASSOCIATED PRESS

East Congo

Soldiers sentenced for mass rapes

A court has convicted and sentenced 25 soldiers accused of carrying out mass rapes in eastern Congo.

In rare convictions handed down Monday, a judge sentenced two soldiers to life in prison, three to 20 years in jail and 20 to 10 years.

Thirteen of those charged were acquitted, with the court citing lack of evidence.

Authorities say at least 135 women and girls were raped in and around the town of Minova in eastern Congo in November 2012.

THE ASSOCIATED PRESS

Earn up to $150 with Tangerine.

$50* when you open your first Chequing Account by June 30.

$50* when you switch your pay by July 31.

$50* when you open your first Savings Account by June 30.

Plus, get a **2.50%*** interest rate on new savings deposits made until July 31.

It's that simple.

Tangerine.ca | 1-888 Tangerine

Tangerine
Forward Banking

Tangerine is a trademark of The Bank of Nova Scotia, used under license. Forward Banking is a registered trademark of Tangerine Bank. * To qualify for the Bonuses available under the Tangerine $150 Offer and the Tangerine Savings Interest Rate Offer, Clients must meet the Offer requirements as set out at **Tangerine.ca/bonus150**.

Sterling silver charms from $29

aurora's
GIFTS FOR EVERY OCCASION
1610 Midland Avenue
Scarborough, ON, M1P 3C2
Ph: 416.752.9300 • Toll Free: 1.800.668.3333
Fax: 416.285.0900
Website: www.auroracollectibles.com

PANDORA®
UNFORGETTABLE MOMENTS

PANDORA Mother's Day
"Forever in my Heart" Gift Set
Available Now While Supplies Last*
*See our store for details.

Luxury brands flock to Canada

A man walks past the Jimmy Choo shop in London, U.K. Two renowned luxury brands — Jimmy Choo and Versace — are launching their first stand-alone boutiques in Canada later this year. The shops are slated to open at Yorkdale Shopping Centre. They join several other high-profile retailers and brands that have opened bricks-and-mortar locations in Canada over the past several years, including Microsoft, Ann Taylor, Loft, J. Crew and Target. Nordstrom will be following suit this fall with the opening of its first store in Calgary. OLI SCARFF/GETTY IMAGES FILE

Gregg Steinhafel

Target CEO out after data breach

Target's CEO has become the first boss of a major corporation to lose his job over a breach of customer data, showing how responsibility for computer security now reaches right to the top.

Gregg Steinhafel, who was also president and chairman, stepped down nearly five months after Target disclosed a huge pre-Christmas breach in which hackers stole millions of customers' credit- and debit-card records. The theft badly damaged the store chain's reputation and profits.

Steinhafel, a 35-year veteran of the company and chief executive since 2008, also resigned from the board of directors, Target announced Monday.

The company is struggling to maintain its cachet while competing with Walmart and Amazon.com. Target is also grappling with a disappointing expansion into Canada. THE ASSOCIATED PRESS

walk so kids can talk
KidsHelpPhone.ca
1 800 668 6868
Kids Help Phone
PRESENTED BY BMO

Join us next year on
Sunday, May 3, 2015

Thank you for being a
Kids Help Phone Hero!

Kids Help Phone has been providing confidental and anonymous professional counselling for 25 years.

Thank you to communities across Canada for making it possible for us to be there for kids, 24/7/365.

Missed the Walk but want to be a Kids Help Phone Hero?
Donate today at walksokidscantalk.ca

Presenting Sponsor
BMO

Community Engagement Partners
Bell BellAliant

Media Partner
BellMedia

National Sponsors
a LoyaltyOne program
Bluenotes' bluenotes.ca
Nestlé Good Food, Good Life
kik
Cheerios Fiesta

Annie
Counsellor, Kids Help Phone
"Sometimes, simply saying 'I'm here for you' can have the greatest impact. That's why I'm there for kids."
#BeAHero

Only in the U.S.

#dangerousidea: Just tweet to make Amazon purchase

Amazon wants to make shopping online as easy as a tweet.

The online retailer is introducing a service, only in the U.S. to start, that lets Twitter users add Amazon.com products to their carts without leaving the social media site.

The service comes as Amazon seeks to make social media a bigger source for sales. THE ASSOCIATED PRESS

Controversial ingredient

BVO to go from all Coca-Cola drinks

Coca-Cola says it will drop a controversial ingredient from all its drinks that contain it, not just Powerade.

The change will apply to its drinks globally, meaning Canada and Latin America are phasing out the ingredient as well. THE ASSOCIATED PRESS

Google hits play on music streaming service for Canadians

Music to our ears.
Google Play Music fills the void for Canucks still waiting for Spotify and Pandora to come here

Google is stepping into the streaming music game in Canada with the launch of Google Play Music, the latest in a growing number of services that could change how Canadians listen to their favourite songs.

The company announced Monday that its all-access subscription service would be the centrepiece for a broader digital music service that offers music on mobile phones, tablets and personal computers.

Aside from streaming, users can also buy tracks for their personal collections, quite similar to Apple's iTunes store.

Google's streaming service is one of the most extensive offerings available to Canadians yet, and a highlight of the technology giant's launch into selling music in Canada.

Google Play Music users will have streaming access to 25 million songs, which the company says is several million more tracks than its U.S. users can access. The cost is $9.99 per month, after an introductory rate.

The rollout will be available for phones and tablets on both the Android operating system and Apple's iOS devices.

The Canadian version will cater to local tastes, which includes a selection of Francophone music and a playlist that showcases this year's Juno Award winners.

The presence of legal on-demand streaming music has been limited in Canada.

Last year, free streaming music service Songza opened an office in Toronto with the goal of getting a head start against its competitors like Spotify and Pandora, two popular international streaming services that aren't yet available in Canada. THE CANADIAN PRESS

Market Minute

DOLLAR
91.31¢ (+0.24¢)

TSX
14,697.03 (-68.12)

OIL
$99.48 US (-$0.28)

GOLD
$1,309.30 US (+$6.40)

Natural gas: $4.70 US (-$0.08)
Dow Jones: 16,530.55 (+17.66)

LIFE INSURANCE
Mortgage Insurance / Line of Credit Insurance
Do you have Mortgage Insurance or Line of Credit Insurance with a BANK?
COMPARE & SAVE UP TO 50%…LOWEST RATES GUARANTEED!
For Instant QUOTE: Visit www.henriquesfinancial.com
Monthly Premium for a 10 yr. Term (Renewable & Convertible) Preferred Plus Non Smoker

Age	$100,000		$250,000		$500,000	
	Male	Female	Male	Female	Male	Female
30	11	9	13	11	19	15
45	16	13	23	17	33	22
65	61	41	146	94	285	183

Also Available: Life Insurance without medicals!
Other Plans: Term 20, 25, 30, 40, Term 100, Universal Life, Critical Illness
Brokers Representing: Manulife, BMO, RBC, Canada Life, Industrial Alliance, Foresters, CPP, Empire Life, Desjardins
Also Available: 1st & 2nd Mortgage, Refinance, Renewal, Debt Consolidation
Call Guilroy or Rahul at 416-898-8889 or 905-282-0800
or toll-free 1-888-744-9418 (24/7)
Email: henriquesfinancial@rogers.com
Website: www.henriquesfinancial.com
Henriques Financial Inc
SECURING YOUR FINANCIAL FUTURE!
Mortgages provided by a licensed mortgage agent at C.M.B. Canada Mortgage Brokers Inc. # 10134/ M080000478

Signature Finance and Investment Services
Save $$$! Resolve your debts
One easy monthly payment.
All outstanding loans, bills, credit cards
Quick! Borrow what you need.
Personal loans, Business debt consolidation.
Home improvements loan and others
Call: Signature Financial. 1 866 284 9779
2910 S Sheridan way Oakville Ont. L6J 7L9
1 866 284 9779

TORONTO STAR
thestar.com
PHOTOGRAPHY AWARDS 2014
thestar.com/photographyawards
$12,500 Cash & Prizes
10 Judges
9 Categories
1 Photographer of the Year
sponsored by:
Canon | PIXMA PRO-100
No better way to showcase your work.

DRAKE DOESN'T ALWAYS KNOW BEST

SHE SAYS

Jessica Napier
metronews.ca

It's incredibly easy for us to make new digital connections — you can acquire hundreds of online friends in minutes just by pressing a handful of buttons — but how much energy are you investing in working on your real-life social networks?

Friendships play a crucial role in our lives. Science has shown time and time again that maintaining close ties with our fellow human beings provides us with a wide variety of mental, emotional and physical benefits. One study even suggests that being lonely or having weak social bonds is a health risk comparable to smoking up to 15 cigarettes a day or being an alcoholic.

If platonic pals are beneficial for the mind, body and soul, reason would suggest that we try to accumulate as many as possible. However, evolutionary anthropologist Robin Dunbar argues that the cognitive limitations of our brains also impose limits on our ability to sustain stable social connections. You might have amassed hundreds of Facebook buddies, but humans can actually only comfortably maintain about an average of 150 genuine relationships. That number might be even lower for us technology obsessed, socially stunted Millennials.

So while TV sitcoms would have us believe we'll spend our whole lives hanging out with the same handful of people at the same bar year after year after year, real life doesn't work like that. If our brains can only handle a finite number of contacts, it's practical to audit our social circle every once in a while, online and in real life, to evaluate how and with whom we're spending our time.

As we get older, our interests and values inevitably change and we naturally begin to drift away from certain people. Drake might rap about having a No New Friends policy, but we do ourselves and the people around us a disservice by holding onto old friendships at the expense of making new ones.

I'm not suggesting that you should start eliminating old friends from your life like you're picking off contestants on a reality show. There is something very special about deep-rooted relationships; those BFFs who have known and loved you at your best and your worst, through bad breakups and even worse wardrobe choices.

But recognizing when you've outgrown certain individuals you have nothing in common with anymore can help you create some room in your brain and in your life for a few new friends.

Don't make it The Motto

Drake might rap about having a No New Friends policy, but we do ourselves and the people around us a disservice by holding on to old friendships at the expense of making new ones.

ZOOM

Manufacturing tradition

A team dressed as characters from The Wizard of Oz roll wooden 'cheese' during the Stilton Village Festival cheese-rolling competition in Stilton, England. Local people are currently involved in a campaign to bring Stilton cheesemaking back to the village. The cheese is currently made in the counties of Nottinghamshire, Leicestershire and Derbyshire. PETER MACDIARMID/GETTY IMAGES

How this cheesy village rolls

An annual tradition invented about 50 years ago to revitalize local businesses attracted about 2,000 people to the Cambridgeshire village of Stilton in the U.K. this year.

The cheese-rolling competition takes place every May Day Bank Holiday Monday in Stilton — the village which gave the cheese its name. Teams roll wooden blocks resembling cheese through the streets. BBC.COM

'Ancient tradition' cooked up by locals

Cheese rolling was invented by two pub landlords who told villagers it was "an ancient tradition" in order to encourage them and others to take part.

Blocks of wood have to be used, because an actual block of cheese would not survive being rolled along the main road. The "cheese" is a block cut from an old telegraph pole and painted to look like the blue-veined cheese.

BBC.COM

Road takes its toll

- The event was originally dreamt up to encourage visitors after the village was bypassed by the A1 in 1959.
- The village, on the old Great North Road between Huntingdon and Peterborough, got rid of its traffic jams when the bypass was built, but the High Street and North Street lost passing trade as a result.

METRO AUGMENTED REALITY

SEE THE NEWS COME ALIVE...

DOWNLOAD METRO NEWS APP | FILL SCREEN WITH IMAGE TO SCAN | METRO AR IMAGE JUMPS TO LIFE

metro AR

In this issue, you can find AR enhancements on page 10 in News, page 17 in Scene page 22 in Life and page 25 in Sports

To see pages from Metro spring to life, simply download or update the Metro News app available from your device's app store and follow these three easy steps:

1. Open the Metro News app on your smartphone or tablet device. Click the AR icon in the top right corner.

2. Hold your device over any image that has the AR logo near it. Make sure you wait for the green scanning bar to read the image!

3. Voilà! You should see the AR in action — like a video, slide show or mobile content experience. You can even move your phone away from the page and interact with the content directly on your device.

metro AR

MetroTube

Call your local councillor

ANDREW FIFIELD
metronews.ca

As part of Bristol, England's Make Sunday Special campaign, streets are set up for pedestrian-friendly activities like dancing, yoga classes, concerts and art crawls.

All laudable. But even with the schedule reaching into fall, it'll be hard to top artist Luke Jerram's Park And Slide: a 300-foot, slip-and-slide soap show that drew more than 96,000 people to a lottery deciding who would be among the lucky 360 to belly their way down Park Street. As for us in Canada, there's plenty of summer left for letter campaigns to city halls.

SCREENGRAB

(Via Cinematic Media on Vimeo)

metro

President and Publisher Bill McDonald • **Editor-in-Chief** Charlotte Empey • **National Deputy Editor** Fernando Carneiro • **National Deputy Editor, Digital** Quin Parker • **Managing Editor, Toronto** Tarin Elbert • **Managing Editor, News & Business** Amber Shortt • **Managing Editor, Life & Entertainment** Dean Lisk • **Distribution Manager** Steve Malandro • **Vice-President, Sales and Business Development** Tracy Day • **Vice-President, Creative and Marketing Services** Jeff Smith • **Vice-President, Finance** Phil Jameson • **METRO TORONTO** 625 Church St., 6th Floor Toronto ON M4Y 2G1 • **Telephone:** 416-486-4900 • **Fax:** 416-482-8097 • **Advertising:** 416-486-4900 ext. 316 • adinfotoronto@metronews.ca • **Distribution:** toronto_distribution@metronews.ca • **News tips:** toronto@metronews.ca • **Letters to the Editor:** torontoletters@metronews.ca

See that symbol? It means you can scan the photograph below with your Metro News app to watch the trailer for Showgirls. Was it really so bad after all?

Showgirls: The good, the bad and the ugly

Panned but not forgotten. Film critic Adam Nayman explores the cult success of Showgirls

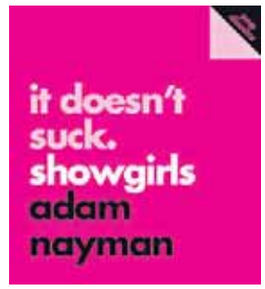
MATT PRIGGE
Metro World News

Since its release, Showgirls has gained a sizeable cult following. CONTRIBUTED

When it came out, Showgirls was a punching bag. It still is — it's just that now people actually enjoy hating it. It's become a bad cinema classic. But a wave of supporters, including J. Hoberman, Jim Jarmusch and Jacques Rivette, argue that it's a self-aware satire along the lines of director Paul Verhoeven's other work, including RoboCop and Starship Troopers. To this posse, add the critic, scholar and Metro writer Adam Nayman, whose book It Doesn't Suck: Showgirls makes a convincing and enjoyable case for its sneaky and subversive craft.

Did you always feel this way about Showgirls?
I saw it in theatres when it came out. I had to sneak in. The reason I wanted to see it at 14 was I wanted to see why it got zero stars from The Globe and Mail. I was interested in why people thought it was so bad. That probably had something to do with how I watched it the first time: Instead of being skeptical of the movie, I was skeptical of the negativity. Even though I liked it as a teenager, because I thought it was funny and outrageous, it wasn't until I got a little older and a little more well-versed with Verhoeven that I thought it could support a book.

The path of this movie from punchline to video hit is rather extraordinary.
One of the things I'm trying to get across in this is not that Showgirls is a great movie, but to explore what can account in 20 years for that kind of turn. You couldn't find a film critic in 1995 who would give this movie the time of day. And now whether it's for ironic reasons or if people are recognizing the artistry in it, you'd be hard-pressed to find someone who doesn't like it.



Where do you stand?
I wish I'd read more things about Showgirls that said what I think about it, which is that it's well-crafted and some of that craft is persuasive, and then it clashes with how craven some of the dialogue and some of the characters are. To me that would be a more valid critical observation. Instead, you just read review after review of people saying how inept it is and comparing it craft-wise and style-wise to Valley of the Dolls. That's when you realize these people weren't really trying. Or if they were trying, they're just not very good at their jobs.

Quoted

"One of the things I'm trying to get across in this is not that Showgirls is a great movie, but to explore what can account in 20 years for that kind of turn." Adam Nayman, author of It Doesn't Suck: Showgirls

DVD review

Veronica Mars

Director. Rob Thomas

Stars. Kristen Bell, Jason Dohring, Enrico Colantoni

The big-screen version of the cult TV series about a teen detective (Kristen Bell) is a homecoming designed to check off all the boxes for the many who wrote the Kickstarter cheques to make it happen.

Newcomers may find themselves mystified by the show's appeal. The movie looks and unfolds more like a pilot for the cancelled fourth Veronica Mars TV season, rather than a rebuilding of the franchise.

Reprising her title role as the teen sleuth in shady beach burgh Neptune, Calif., Bell brings us briskly up to date, highlighting past events that included her volatile romance with town stud Logan (Jason Dohring).

Ardent fans don't need the back story, to which series creator and writer Rob Thomas remains all too faithful as he makes his feature directing debut.

Veronica has supposedly moved on from Neptune (she's now an honours law grad with a job in New York), but the movie is like pressing "play" on a PVR, for a story laden with shout-outs but short on substance.

Extras include deleted scenes and making-of featurettes. PETER HOWELL

Ford
GET MORE IN A FORD
THE STANDARD FEATURES YOU EXPECT AND SOME YOU DON'T
CANADA'S BEST-SELLING SUV‡
2014 ESCAPE S
OWN THE ESCAPE S FOR ONLY
$149**@ 1.99% APR
FINANCED BI-WEEKLY FOR 84 MONTHS WITH
$0 DOWN INCLUDES FREIGHT
OR OWN FOR ONLY $25,178*
OFFERS INCLUDE $750 IN MANUFACTURER REBATES, FREIGHT, AND AIR TAX.
STANDARD FEATURES
· INTEGRATED BLIND SPOT MIRRORS
· 6-SPEAKER AUDIO
· 6-SPEED SELECTSHIFT® TRANSMISSION
· TORQUE VECTORING CONTROL
Our advertised prices include Freight, Air Tax, and PPSA (if financed or leased). Add dealer administration and registration fees of up to $799, fuel fill charge of up to $120 and applicable taxes, then drive away.
Escape Titanium model shown
Unlock More. Only at your Toronto Area Ford Store.
Ford
Go Further
| torontoforddealers.ca |

Vehicle(s) may be shown with optional equipment. Dealer may sell or lease for less. Limited time offers. Offers only valid at participating dealers. Retail offers may be cancelled or changed at any time without notice. See your Ford Dealer for complete details or call the Ford Customer Relationship Centre at 1-800-565-3673. For factory orders, a customer may either take advantage of eligible Ford retail customer promotional incentives/offers available at the time of vehicle factory order or time of vehicle delivery, but not both or combinations thereof. Retail offers not combinable with any CPA/GPC or Daily Rental incentives, the Commercial Upfit Program or the Commercial Fleet Incentive Program (CFIP). *Until June 30th, 2014. Purchase a new 2014 (Escape S FWD) for $25,178 (after total Manufacturer Rebate of $750) deducted). Taxes payable on full amount of purchase price after total manufacturer rebate has been deducted. Offers include freight and air tax but exclude administration and registration fees of up to $799, fuel fill charged of up to $120 and all applicable taxes. All prices are based on Manufacturer's Suggested Retail Price. **Until June 30th, 2014, receive 0.99% APR purchase financing on new 2014 (Escape S) models for up to 84 months to qualified retail customers, on approved credit (OAC) from Ford Credit. Not all buyers will qualify for the lowest interest rate. Example: 2014 Ford (Escape S) for $25,178 (after $0 down payment or equivalent trade-in, and $750 Manufacturer Rebate deducted) purchase financed at 1.99% APR for 84 months, monthly payment is $322 (the sum of twelve (12) monthly payments divided by 26 periods gives payee a bi-weekly payment of $149), interest cost of borrowing is $3,819 or APR of 1.99% and total to be repaid is $27,178. Down payment may be required based on approved credit from Ford Credit. All purchase finance offers include freight and air tax and PPSA but exclude administration and registration fees of up to $799, fuel fill charge of up to $120 and all applicable taxes. All prices are based on Manufacturer's Suggested Retail Price. ‡Based on 2007 - 2013 R. L. Polk vehicle registrations data for Canada in the Large Premium Utility, Large Traditional Utility, Large Utility, Medium Premium Utility, Medium Utility, Small Premium Utility, and Small Utility segments. ©2014 Ford Motor Company of Canada, Limited. All rights reserved.

Meet actress Gugu Mbatha-Raw

Belle. English actress is making waves with her latest role as a mixed-race heiress in 18th century London

MATT PRIGGE
Metro World News in New York

Gugu Mbatha-Raw's character Belle is based on an actual historical figure. CONTRIBUTED

Where you've seen her:
An English actress, she's done a few episodes of Doctor Who, plus the American Kiefer Sutherland show Touch. She played Ophelia in the production of Hamlet starring Jude Law, which played both the West End and Broadway.

Where she is now:
In the Jane Austen-y Belle, plays Dido Elizabeth Belle, a mixed-race heiress who lived amongst 18th century London high society.

Where she's going:
She has a key role in the Wachowskis' summer film Jupiter Ascending, with Channing Tatum, Mila Kunis and Eddie Redmayne. She'll also star in the rom-com Blackbird, with Minnie Driver and Danny Glover.

On playing an obscure historical personage:
There's a book coming out now, but there wasn't a lot of information about Dido at the time. Even now you have to use some artistic licence. We do know she lived in the house. There was a report of an American businessman who came to visit. We know she wasn't allowed to sit with them at the dinner table, but she'd come out after dinner. This guy was completely shocked by that. We also know Lord Mansfield left her money in his will, as did Lady Mary. That was pretty unusual at the time, to be held in such affection.

On using the famous painting of Dido as an influence:
The painting was a big clue, where she's depicted in a sumptuous gown and she's looking directly at the viewer. She's not in a subservient position. She was relatively equal to Elizabeth in the painting. All those little pieces of detective work inspired the story.

On Dido having to skip out on social events at home:
I think she repressed those daily humiliations. The racism that is depicted in the script is not the brutality we often see on the screen. It's more about the nuances of society and the subtleties, which can be just as painful, in a different way, on an emotional level. That scene where she's staring in the mirror after John asks her why she doesn't dine with the family — all of that inequality that she's been pushing down explodes.

On Belle as a twist on the Jane Austen film:
We've seen all these Jane Austen adaptations, and I'm a huge fan of them all. I grew up watching Pride and Prejudice, with Colin Firth, and Sense and Sensibility. But what was so great about this is we've not seen stories from this perspective before — not only from a woman's perspective, but also a woman of colour. And it's also a British perspective of the slave experience in the U.K. And though there are no slaves in the movie, it definitely deals with Britain's experiences of benefitting financially from the slave trade.

On the film's portrait of female struggles:
The marriage market in that period was ruthless. And yet Dido was financially secure. She could marry for love, she had an inheritance, unlike her cousin, who needed to find her financial security. I'm glad it's not as savage today, but this is still something that people deal with in different parts of the world. Arranged marriages and women's freedom and equality are still questions.

On Dido as a role model:
I think it's important for biracial girls growing even now to be able to see themselves in history. I think if you can root yourself in a historical place, then the sky's the limit, really.

SPECIAL INSERT ON MAY 12

Watch for your copy of **RIDE** in METRO on Monday, May 12.

metro RIDE
SPRING 2014
HONDA EDITION
The Odyssey: Safe, comfy
CIVIC-MINDED FIRM
A GOOD FIT FOR CANADA
Wheels Editor Norris McDonald on the Civic, leasing and the Alliston plants
FOCUS ON TECHNOLOGY
We review the Accord, the Fit and the CTX1300 motorcycle
MOTORSPORTS
'Without racing, there would be no Honda'
UNLOCK A DEAL

From its top-selling Civic and booming assembly plants in Alliston to the Toronto Indy races and its new Green Car of the Year, Honda and Canada are a good fit for one another. Read all about it in our 12-page **Honda RIDE** special section.

BROUGHT TO YOU BY
HondaOntario.com
Ontario Honda Dealers

metro
metronews.ca

Whatcha say? In Derulo's head

Talk Dirty. With guest stars like Snoop Dogg, Tyga and 2 Chainz on new album, Jason's no longer Ridin' Solo

Jason Derulo does what he wants without worrying much about offending anybody, whether that means recording risqué songs or rocking a sweet green leather shirt. MATT SAYLES/INVISION/ THE ASSOCIATED PRESS

Jason Derulo knows his recent hit, Talk Dirty, is risqué, but he's not too worried about it.

"I try to be conscious of offending anybody, but not that much," he said. "I really just try to do my thing and of course there is going to be backlash on every song that I do, so I don't worry myself too much on that. People saying things like 'objectifying women.' I'm like, 'What are you even talking about?"'

Talk Dirty has dominated pop radio, and the song has peaked at No. 3 on the Billboard Hot 100 chart. It has sold 3.2-million tracks and features lyrics like "but your booty don't need explaining" and "first-class seat on my lap girl."

"I wasn't surprised that it would hit mainstream. I think in 2014 things, you know, are getting more and more free (and) liberal," he said. "I hear a lot worse."

The smash is from Derulo's third album of the same name; it debuted at No. 4 on the Billboard 200 albums chart last month. The album was released internationally last September under the title Tattoos, but the renamed American version features some new tracks.

Derulo, 24, says both his new album and single reflect his growth as a singer and songwriter.

"I'm comfortable with talking about what my life is and things that I go through," said Derulo, whose hits include Whatcha Say and In My Head.

"This album is a direct representation of who I am as a person and how I speak," he added. "If I was talking to my best friend, you know, this is how I would explain it."

The album is Derulo's first to feature guest stars, and hip-hop acts are a strong part of the pop singer's project. Snoop Dogg, 2 Chainz, Pitbull, Tyga and Kid Ink make appearances.

Derulo, who is finding more success on the urban charts thanks to Talk Dirty, says he started musically in the hip-hop scene.

"Most people don't know my background, but when I first started writing songs for other people it was for hip-hop artists," said Derulo, who co-wrote Birdman's Bossy and songs for Diddy that didn't make his album.

THE ASSOCIATED PRESS

WE NEED MALES & FEMALES

Are you a healthy, non-smoking,
MALE OR FEMALE
18 YEARS OF AGE OR OLDER?

Free of daily medications?

If so, you may be eligible for our upcoming clinical research studies:

Study 1714, Males
18-55 years of age
Study starts on Tuesday, May 13, 2014
• 4 sessions with 3 return visits per session
• Compensation is up to $2,650 for completing the entire study.

CALL: 416-747-5246
Toll Free: 1-866-747-5246
Monday to Friday 8-8
Weekend 10-6

BioPharma Services Inc.

4000 Weston Road, Toronto • www.biopharmaservices.ca

FIFA U-20 WOMEN'S WORLD CUP CANADA 2014
WE ♥ YOU
SOCCER MOM
TAKE YOUR MOM TO THE FIFA U-20 WOMEN'S WORLD CUP CANADA 2014 IN HONOUR OF MOTHER'S DAY
MOTHER'S DAY GIFT IDEA
TICKETS NOW ON SALE FOR VISA CARDHOLDERS
VISIT FIFA.COM/CANADA2014
SONY
VISA

ENTER FOR A CHANCE TO WIN

VISIT clubmetro.com TO ENTER

ONE GRAND PRIZE OF 4 TICKETS TO THE OPENING DOUBLEHEADER FEATURING CANADA ON AUGUST 5, 2014 AT THE NATIONAL SOCCER STADIUM INCLUDING 4 MERCHANDISE GIFT BAGS

OR

ONE OF THE 5 PAIRS OF TICKETS TO THE GROUP STAGE MATCH ON AUGUST 13, 2014

* No purchase necessary. For full contest details and terms and conditions, visit clubmetro.com.

Up-to-date scores
Canada
TOP 5

1 178 points Saudah-Toronto
2 155 points Niramay-Toronto
3 141 points Phally-London
4 131 points Ritik-Vancouver
5 129 points Salvatore-Toronto

metro AR

See this symbol? You can scan the photo above with your Metro News app to play the game. The top 5 winners in Metro will be contacted by May 16th and will win a Canadian Olympic Committee blanket. Subject to terms and conditions outlined in game. QC not eligible.

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

Kim Kardashian and Kanye West

Kute kouple Kimye licensed to wed

Kanye West and Kim Kardashian are well on their way to wedded bliss. They have the multi-million dollar home, they have the baby and now they have the papers. Life & Style is reporting the power duo are officially married on paper, after a source told the magazine they got their licence in California. Although they could just be teasing us, since they've got 90 days to get hitched in the county in which they received their marriage licence.

In any case, the spectacle isn't off: Sources say plans are still on for their huge Paris wedding later this month. But the ceremony, sources further reveal, will be a private one.

The Word

TWITTER

How many celeb doppelgängers does blonde Levine have?

Ryan Gosling

Pink

Tilda Swinton

When Pretty McPretty boy Adam Levine tweeted out this photo of his new hairstyle (along with his pillow-lipped fiancée, Behati Prinsloo) on Saturday, everyone got pretty mad that he would go ahead and ruin that pretty face of his. The Maroon 5 singer took it all in stride. "When they say my hair looks creepy, I take that as the highest compliment," he wrote. However, Levine must know that he now looks like a certain ... someone. Maybe even a few someones? We compiled the women — and man — he now resembles. Anyone we're missing? Write to scene@metronews.ca to let us know.

ENJOY ALL YOUR FAVOURITES
ANYTIME YOU WANT THEM

With NextBox™ 3.0 our customers can:
- Catch up anytime, with the most TV shows and movies On Demand[1]
- Eliminate recording conflicts – record 8 HD shows at once with one PVR
- Create a library with a colossal 1 TB of storage

Get a NextBox 3.0
HD PVR rental for 3 years when you have or switch to an eligible 3-product bundle
Opt to own NextBox 3.0 HD PVR for $1 after 3 years.[2]

1 888 ROGERS1
rogers.com/nextbox
Visit your local Rogers store today

LIVE LIKE NEVER BEFORE™ ROGERS™

Offer only available within Rogers cable service area (where technology permits) and subject to change without notice. Offer available with eligible 3-product bundles. Bundle must include the following in-market services: (a) Internet (Hybrid Fibre 30 and above with D3 or Advanced Wi-Fi modem) and TV (Digital Basic or higher); or (b) Internet (eligible tier) and Wireless (min. $30 monthly service fee). Home Phone Essentials or higher required if selected as third service. An installation charge of $49.99 and activation fee of $14.95 also apply. Regular monthly rates for each service will apply after 36-month promotional period and are subject to change. **1** As of April 22, 2013. Programming content differs depending on level of Rogers subscription. Charges apply to some On Demand programming content. **2** After 36 consecutive rental payments without default ($0 with this offer), opt to own for $1 by notifying Rogers within 30 days after 36th payment. If you do not opt to own, monthly then-current regular rental rate will apply. Title/ownership to equipment remains with Rogers unless option is exercised. The Secret Life of Walter Mitty © 2014 Twentieth Century Fox Film Corporation. All rights reserved. © 2014 Rogers Communications.

In **1 year** become a
✓PARALEGAL
✓LAW CLERK
CLASSES START MAY 5TH

Herzing College offers a one year LSUC-accrediting Paralegal program and Law Clerk program that include internships.

Why Choose Herzing College?
- 93% Employment Rate for 2013
- Educating students in Toronto since 1968
- Internship with every diploma program
- Excellent full-time Career Development Department
- Instructors with industry experience
- Program includes field trips and guest speakers
- Presentation Centre for Student mock trials
- Ministry Approved for Second Career Funding
- Conveniently located in the Toronto Eaton Centre
- Student Loans & Grants available if you qualify
- No classes on Fridays!

Join us on facebook.com/herzingtoronto

Contact Herzing College today!
HERZING® COLLEGE
Check out our student testimonials on youtube!
416-599-6996
Herzing.ca/Toronto | infotoronto.herzing.edu

Gettin' swishy with it

Oil pulling. Does this Ayurvedic detox technique actually work, or is it just a load of hogwash?

ROMINA MCGUINNESS
Metro World News in London

Coconut is renowned for its antibacterial properties, so coconut oil is a popular choice for oil pulling. ISTOCK

Oil pulling — an ancient Ayurvedic ritual whereby unrefined oil is swished in the mouth for 10 to 20 minutes a day — is thought to improve oral health and reduce toxic inflammation in the body. Two experts talk us through the mechanics and potential benefits of this holistic, and pretty harmless, technique.

It's a detox trick that's not expensive or difficult

According to L.A.-based neurologist and Ayurveda expert Dr. Kulreet Chaudhary, this is all you need to do: Wake up and either brush or floss your teeth. Now take one tablespoon of vegetable oil (or simply half fill the mouth) and slowly start to swirl it around, pulling it through your teeth. The idea is that you're not gargling it, but actively swishing it in your mouth. Do this for 10 to 20 minutes and then spit out the oil (do not swallow it as it now contains toxins), and brush your teeth again.

"The theory behind this practice is that saliva is one of the conduits for toxins throughout your body. This is because the salivary glands are able to pull toxins out of the bloodstream and store them there at a higher concentration," she tells Metro.

"What oil pulling does is it increases the secretion of saliva and extrapolates some of the toxins that have been sucked into the glands by trapping them inside the oil."

Cure-all for almost everything

According to Chaudhary, oil pulling is one of the cheapest, and fastest, ways of getting rid of a mild dental disease.

"When done daily, oil pulling can help cure conditions such as tartar build-up, bad breath and gingivitis within weeks," says Chaudhary. But she says it goes way beyond oral hygiene. "The mouth is kind of a measuring stick in terms of inflammation for the rest of the body. If I have a patient suffering from heavy metal poisoning, migraines or rheumatoid arthritis, this is one the tools I use to help detox their entire body."

The best oil of them all?

"In Ayurvedic medicine, sesame oil is believed to be a complete oil: one that suits all body types and constitutions. It also contains high amounts of vitamin C, which can help heal wounds and strengthen the immune system," says Dr. Deepa Apté, an Ayurvedic practitioner.

He says sesame oil's ability to permeate the cell membranes make it ideal for oil pulling. That said, make sure you're not using an oil you're allergic to; sunflower or coconut work just as well. "Coconut is renowned for its antibacterial properties and is a good option for people suffering from inflammation in the body — the root cause of most diseases and internal imbalances," says Chaudhary.

Your face is getting action

The contracting-relaxing motion engages your facial muscles in a mini-workout. "When done regularly, oil pulling helps increase blood circulation to the face and reduces the appearance of fine lines and dark circles," says Apté.

Natural — not miracle — cure

"People are like, 'I'm still going to eat my doughnut, drink my Coke and stay up all night — but I'll do oil pulling.' It's something we do to balance the body, but it doesn't erase a bad habit," warns Chaudhary. "It gets a little misleading to say it will cure your acne or fix your teeth because it's never given in isolation; it's part of a toolbox for controlling a condition."

For your phone

My Incredible Body (iPad, iPhone; $2.99)

MIND THE APP
Kris Abel
@RealKrisAbel
life@metronews.ca

This 3D atlas of the human body offers narrated fly-throughs and interactive activities that demonstrate how major body functions and senses work. An excellent resource for parents and curious kids.

Half-Off

Now that spring has sprung, Elisha has recommitted to her Half-Off goal and put more exercise at the top of the list. With intentions to ride her bike to work every day, would a fluke spring snowstorm finally be the event that derailed her? Visit metronews.ca/voices/halfoff to find out.

EARN UP TO $3000!
Are you a Healthy Person between 18 and 55 years of age?
If so we want to hear from you!

Apotex is currently recruiting healthy men and women to participate in studies on Pharmaceutical products.

REGISTER ONLINE AT WWW.APOTEX.CA or Call: 416-741-4256
Toll Free: 1-877-APO-CLNC (1-877-276-2562)
Hours: 8:30am to 5pm Monday to Friday

- YOU WILL BE PAID upon completion of the study
- Compensation may range from $1000 to $3000 depending on the length of the study

APOTEX
ADVANCING GENERICS

metro

WITH THE METRO NEWS APP 2.0, THE NEWS OFTEN SPEAKS FOR ITSELF.

So do movie features, sports highlights, celebrity gossip...

metro AR

Download the Metro News App today at metronews.ca/mobile

See that symbol? It means you can scan the photograph below with your Metro News app.
Want to substitute a local beer? Theresa Albert learns more about microbreweries

Burgers, there's a new handheld kid on the block now

Aussie Meat Pie.
These savoury filled pastries are perfect for those days when you don't have time to slow down

NUTRI-BITES
Theresa Albert
DHN, RNCP
myfriendinfood.com

This season it is all about handheld food.

The days of the dog being the only thing eaten on city streets and at cookouts is over.

More gourmet foods are hitting the pavement and one of the best examples of that can be found at Kanga, Toronto's first Aussie meat pie shop.

Intended to be enjoyed Down Under style with all the ease and swagger of an Australian treat, Aussies get cheeky with nontraditional fillings like butter chicken and pulled pork.

Co-owners Megan Chan and Erynn Maynes say, "Aussie meat pies are saucier than your average pie, topped with flakey puff pastry, and are intended to be eaten with one hand only. The other is strictly reserved for the beverage of your choice!"

Go handheld with these other ideas this summer:

- Sushi hand rolls
- Tacos are still all the rage
- Pulled pork in lettuce wraps
- Jumbo samosas
- Empanadas
- Tamales

Remember that the sides and dressings can make or break your calorie count. Mustard and hot sauce, yes! Mayo and anything deep fried, no.

And always, always fill up with a salad.

This recipe makes two pies. THERESA ALBERT

FLASH FOOD

From your fridge to your table in 30 minutes or less

Aussie Pie

1. Preheat your electric pie maker, grilled cheese maker or waffle maker.

2. On medium heat, fry the onion in the oil and butter till soft. Add garlic and thyme.

3. Sprinkle the flour in the pan and fry until a light golden colour (about 1 minute).

4. Pour in the beer and incorporate with the flour, and the mixture will thicken. Allow the beer to reduce for 3-4 minutes.

5. In a separate frying pan, fry ground beef and drain off fat. Add in tomato paste.

6. Add the cooked ground beef mixture and beef stock into the pan with beer and onions.

7. Season with salt and pepper to taste and set aside,

8. Line pie maker, grilled cheese maker or waffle maker with pastry, spoon in filling (usually about 1/3 of a cup). Allow to cook according to appliance instructions, usually about 8 minutes.

9. Enjoy with ketchup — or "tomato sauce" as the Aussies call it! Cheers, mate!

COURTESY ERYNN MAYNES, CO-OWNER KANGA

Ingredients

- 1/2 medium onion
- 1 tbsp butter + 1 tbsp oil
- 1 clove garlic, minced
- 1/2 tsp dried thyme leaves
- 1 tbsp flour
- 3/4 cup dark beer
- 1 lb lean ground beef
- 2 tbsp tomato paste
- 1 cup beef stock
- Salt and pepper to taste
- Ketchup to taste
- Two sheets of butter puff pastry (1 pkg)

ROCHON | GENOVA LLP
BARRISTERS – AVOCATS

DISABILITY CLAIMS?

Have you been denied or cut off from your long or short–term disability insurance benefits? We can help you!

- Free Consultation
- No payment until claim is settled

Call: 416-363-1867
www.rochongenova.com

Take a chance on a career that could

Startup your engines. How to get noticed by a business that could soon go boom

ANDREA PARK
Metro World News

Everybody wants to be the next Mark Zuckerberg, and young job seekers are skipping big box corporations in lieu of hip, successful startups. Uncubed, produced by Wakefield Media, aims to streamline that process and make it fun.

The company just launched a job search function on its site and holds fun events to connect job seekers with the startup world's hottest companies, like Mashable, BuzzFeed and Seamless. Don't call it a career fair, though: These casual events feature puppies, dunk tanks and cold beers.

We talked to Wakefield co-founder Tarek Pertew and asked him for his top five tips on landing your dream job at a startup.

Do your homework

Want to make a good first impression? Then do your research so you know how to talk shop. "Make sure you know what they're hiring for and what they're working on so when you approach them, you're fully equipped with that information," says Pertew. Pertew says there's one question that turns him off pretty quickly as an employer: "'What does Wakefield do?' That's a red flag," he says. "You should do your homework if you're serious about working at a company."

Think outside the box

It's hard to stand out on a day when employers are meeting masses of jobseekers, but turning something into a conversation piece can make all the difference. "It can even be a business card — yours might have something a little different that extends the conversation or engages," says Pertew. "It's the same with a resumé. If you have something different, it's a superficial way of separating yourself from the crowd." Of course, you'll have to match style with substance. Pertew says the most important thing is to do your research on companies and show that you can fit in with their work culture.

They may not need you at this very moment, but if you make sure you're remembered fondly, a future with the company is quite possible. ISTOCK

No openings? Try anyway

Never skip out on meeting someone from your dream company just because they haven't posted openings. If you really impress an employer, they may just create a job for you.

"One thing we hear a lot is, 'I really like this person and we're going to see if we can find an opportunity for him or her,'" says Pertew. "It goes back to culture. They met a guy they really loved, so they're going to see where they can fit him."

Pitch ideas

Don't give unsolicited criticism, but offer up some cool ideas to your favourite companies.

"One of my favourite things is when someone gives us a laundry list of ideas they think we can use," says Pertew. "It gives you something to talk about during an interview, also." Listing good ideas helps you express enthusiasm for the company and also shows potential employers your creative and critical thinking skills.

Just be careful how you word things: "The best way is maybe saying, 'You probably already thought of this, but have you ever thought of doing this?'" Pertew says even if the company has already thought of the idea, you're validating it, and if they haven't, you just may impress them with what you have to say.

Be patient

Your dream employer may not be in a position to offer you a job now, but they may be able to fit you in somewhere down the line.

- "Patience is absolutely a virtue," says Pertew. "A number of companies might say, 'You're cool, analytical and bright — we might have a position for you in a year.' Keep networking and keep showing up. Develop a skill set they need." Pertew says it's never a bad idea to spend a couple of years developing a specialized skill (he used user experience design as an example) in order to have a more appealing resumé. "It's that sacrifice you make early on that will make a positive impact on the remainder of your life," he says.

Up to $50,000 in Bursaries Now Available!
Financial Assistance May be Available to Those Who Qualify!
Second Career Training Funding
The government provides qualified candidates with education funding to train them for a better career, the grant can be up to $28,000 and covers tuition, book fees, transportation and some living allowance. Call us now to see if you are qualified.
Health Care
• Personal Support Worker*
• Community Service & Support Worker*
• Medical Office Assistant + HUC (Health Unit Coordinator)*
• EHR, Billing & Coding
*with Internship
Law & Legal
• Immigration Consultant* Accredited by ICCRC
• Paralegal Accredited by LSUC*
• Law Clerk*
• Legal Office Assistant
• Police Foundations
* with Internship
IT & Home Inspection
• Network Administrator
• PC Support Specialist
• Computer Service Technician
• Web Designer
• Home Inspection Diploma
• Home Inspection Certificate
Accounting & Business
• Accounting and Payroll
• Business Administration
• Project Administrator
• Conference and Event Planner
• Administrative Assistant
We Speak Your Language — Career Consultation Provided In:
English, Français, हिंदी, मराठी, ગુજરાતી, Español, Portugues, 国语和粤语, română, русский & فارسي
Academy of Learning College
Bay/Bloor Campus
416-840-3376
416-969-8845
WWW.AOLTORONTO.COM
DOWNTOWN TORONTO (Bay/Bloor) 1255 Bay Street, Suite 600, Toronto, Ontario M5R 2A9
Academy of Learning Career & Business College(Bay/Bloor) is registered as a Private Career College under the Private Career College Act 2005 and is operated by 1069195 Ontario Inc.

SPORTS 4

GM must spur the uprising

Masai Ujiri. Raptors wowed fans, but still plenty of holes to fill

Masai Ujiri challenged the Raptors and put them on notice when he dramatically changed the roster in December, letting everyone know he was more than willing to blow up the team if they didn't respond.

To say they responded is an understatement of epic proportions. The Game 7 playoff loss to the Brooklyn Nets may still sting, but there can be no question the players took Ujiri's challenge to heart.

That's put the general manager on the hot seat.

He cannot let the team be a fleeting supernova. He must find a way to make sure this season is a first step to bigger and better things.

Ujiri got the process started Monday by rewarding head coach Dwane Casey, whose existing deal was set to expire, with a new three-year contract. Terms were not immediately available.

Next on the agenda is keeping as many vital parts of the current roster in uniform as possible.

Kyle Lowry, the heart and soul of the Raptors according to teammates and coaches, is the first domino. The unrestricted free agent has to be enticed to stick around.

As expected, Lowry was noncommittal about his future during the traditional end-of-year media session on Monday, although he was effusive in his praise for the team, his teammates, the city.

"It's still a business and you have to be a businessman in the situation that you're in," he said. "But I am very happy, this has been one of the best seasons I've had, through and through.... Without a doubt I can say I'm happy."

Over to you, Ujiri.

It is not enough in the NBA these days to stand totally pat; teams will fly past those that stand still. And going into the team's 20th-anniversary season, with all its inherent hype, means Ujiri needs to make moves. An Atlantic Division title and a record-setting 48 regular-season wins has generated not only goodwill among the fans, it's also put the Raptors on the league-wide radar. They will be as hunted as they've ever been.

For all the bold talk Monday — Greivis Vasquez likened the Raptors to the Oklahoma City Thunder, Patrick Patterson said they could be "one of the top teams in the NBA" — there has to be improvement just for Toronto to maintain its standing in the East.

The core group — if it includes Lowry, DeMar DeRozan, Jonas Valanciunas and Terrence Ross — is solid but there are holes to fill just to keep pace.

The Raptors need to get more athletic off the bench, there is a dire need for legitimate frontcourt size and both point guards could be lost to free agency.

TORSTAR NEWS SERVICE

Tight-knit team

Much of the conversation about the Raptors this season has been about chemistry. Lowry reiterated that it was the best 15-man roster he's ever been associated with and Valanciunas called it a "family" rather than a team.

Raptors GM Masai Ujiri walks out of the Raptors change room on Monday. STEVE RUSSELL/TORSTAR NEWS SERVICE

Kyle Lowry leaves the Raptors locker-room on Monday. TORSTAR NEWS SERVICE

Kyle Lowry. Point guard leaning toward return to Raps

The morning after the Toronto Raptors' season ended and two months before he becomes a free agent, Kyle Lowry wasn't keen to talk about his future.

But the Raptors point guard certainly sounds like he's not going anywhere.

"I love this place. I love this situation. It's as simple as that," Lowry said Monday.

The Raptors met with reporters the day after their 104-103 Game 7 loss to the Brooklyn Nets that ended their first playoff run in six seasons, and if there was a recurring theme, it was a sense of satisfaction from a season that turned out far better than most envisioned, and a desire to stick together.

Coach Dwane Casey is in the final year of his contract — although The Associated Press had an anonymous source confirm that the coach signed a three-year deal with the team late Monday. Kyle Lowry becomes a free agent July 1.

Lowry said he hasn't spoken to his agent yet. His mind was still on Sunday's loss, particularly the game's final play that saw his shot blocked. But he said "of course" he can see himself in a Raptors jersey next season.

"We just went to Game 7, first round. Nobody expected us to be there. Of course I can see that," said Lowry, who went on to praise his teammates. "It's a great mixture, actually. I said it yesterday: It's the best 14 other guys I've had in a locker-room in my career."

THE CANADIAN PRESS

Changing of the point guard

After earning a reputation for being moody and difficult last season, Kyle Lowry returned this past fall with a different demeanour, and went on to have a solid season, averaging 17.9 points and 7.4 assists.

- He then shone in the playoffs, scoring a career high of 36 points in Game 5.

Canada riding high into Commonwealth Games

Rugby. History was made the past weekend when Canucks reached final of a Sevens World Series competition

The Canadian seven rugby side flew out of Glasgow on Monday having made history there by reaching the final at an HSBC Sevens World Series stop for the first time.

Next time the Canadian men are in Scotland, Commonwealth Games medals will be on the line.

It was a banner weekend for the Canadians at the Glasgow Sevens. They won their preliminary pool Saturday, defeating Japan and France and tying England. Canada then defeated Kenya 14-5 in the quarter-final and Scotland 10-7 in the semi-final before going down 54-7 at the hands of powerful New Zealand in the final.

Harry Jones of Canada breaks free of the New Zealand defence to score during the IRB Glasgow Sevens in Glasgow, Scotland. Scan this image with your Metro News app to see more from Sunday's action. MARK RUNNACLES/GETTY IMAGES

The lopsided loss made for a strange "bit of an empty feeling" Sunday that was undeserved, said head coach Geraint John.

"We shouldn't have had that, really," he said Monday before heading to London. "Because to get to the final in the (World) Series for the very first time, it's a pretty outstanding achievement by everyone.

"I think today everybody's feeling a little bit better."

Canada will be up in Scotland soon enough, facing familiar foes at the Commonwealth Games, which run July 23 to Aug. 3. It has been put in Pool A with defending champion New Zealand, Scotland and Nigeria.

Pool B consists of South Africa, Kenya, Cook Islands, and Trinidad and Tobago. Pool C features Samoa, Wales, Papua New Guinea and Malaysia. Pool D is made up of England, Australia, Sri Lanka and Uganda.

The top two from each group advance.

Canadians Phil Mack and John Moonlight were both named to the Glasgow tournament's all-star or Dream Team. Conor Trainor, meanwhile, turned heads with a circus-like try against France when he got his boot to a low pass in midflight and managed to tap it into his hands before sprinting over the line. THE CANADIAN PRESS

Dogs gone ... and found

Price recovers his two lost Labradors

Carey Price can relax — his Labrador retrievers are back home.

The Montreal Canadiens goaltender's dogs Motty ("short for Mozart") and Duke got loose overnight. But, after word went out on Twitter, both were found and returned Monday morning.

"I was preoccupied and they snuck out the garage doors," Price said. "They turned up this morning.

"It's not the first time and it's probably not the last time."

The dogs were found by John Mastromonaco, who happened to be listening to TSN 690 in Montreal on Monday morning and heard an item about the missing dogs.

"Almost at the same time, I see this jogger with two Labradors following him, but the dogs didn't look like they were with him," Mastromonaco said.

Mastromonaco's reward was an autographed stick. THE CANADIAN PRESS

Soccer

World Cup could hurt TFC sooner than expected

It's sounding more and more like midfielder Michael Bradley has already played his last pre-World Cup league match for Toronto FC.

Bradley is expected to play a key role for the U.S. men's team, and all 30 players on the provisional roster are expected at camp starting May 14.

Assuming Bradley reports, he would miss TFC's next MLS match against the New York Red Bulls on May 17. Toronto coach Ryan Nelsen said recently that he expected to lose World Cup-bound players starting May 17, after that game.

TFC hosts the Vancouver Whitecaps on Wednesday in a non-league contest, part of the Canadian championship.

Julio Cesar (Brazil) and striker Jermain Defoe (England) could also be lost to the World Cup, which runs June 12 to July 13 in Brazil.
TORSTAR NEWS SERVICE

Pass vending machines now accept Credit and Debit cards. Screen prompts have changed and will affect how you use our pass vending machines.

We've upgraded to serve you better.

TORONTO TRANSIT COMMISSION

Service Directory

To advertise contact Ian March at 416-443-4388

FINANCIAL

OVERWHELMED BY DEBT?

CALL THE Licensed Debt Professionals™

GET OUT OF DEBT!

- Avoid Bankruptcy
- 1 Low Monthly Payment
- No Interest Charges
- Stop Collection Calls
- Government Licensed Proposal Administrators

David Sklar, CPA, CA, CIRP, Trustee

FREE Consultation 310-9200

(NO AREA CODE NEEDED)

DAVID SKLAR & ASSOCIATES INC.
Licensed Proposal Administrators & Trustee in Bankruptcy

HEAD OFFICE: 245 FAIRVIEW MALL DRIVE, SUITE 720, TORONTO, ON, M2J 4T1
NORTH YORK • TORONTO • PICKERING / AJAX • MISSISSAUGA / ETOBICOKE • BRAMPTON

www.DavidSklar.com

STOP COLLECTION CALLS

CALL ERIKA
(LICENSED DEBT EXPERT)

GET DEBT RELIEF NOW!

Reduce or Eliminate Tax Debt too.
Stop Garnishments and Court Actions
Debt Proposals, Debt Counselling, Avoid Bankruptcy
Call NOW to talk with a Government-Licensed Expert
Low income? No problem! Ask about our affordable, very low fee to get Debt-Free.
We're here to help. Friendly, Caring Professionals.
Free consultation. Same day appointments.

1-877-332-8416
416-288-8048

Scarborough (Main office), Weston, Brampton, Oshawa, Mississauga (Pt Credit)

Rusinek & Associates Inc
Trustee in Bankruptcy
www.rusinek.ca

MONEY PROBLEMS?™

Make One Small Monthly Payment For All Your Debts!

WE CAN
- Stop Collection Calls
- Reduce your Debts
- Stop Wage Garnishment
- Stop Interest Right Away
- Re-Establish your Credit
- Deal with your Tax Issues

Visit:
GtaCredit.Com

North York (416) 650-1100	Scarborough (416) 754-0011
Mississauga (905) 275-4200	Ajax / Oshawa (905) 426-8400
Brampton (905) 796-3100	Toronto Downtown (416) 489-2000

gta credit

Call for a FREE & CONFIDENTIAL meeting with one of our Govt. Registered Counsellor

DEBT RELIEF

Are you drowning in debts?
I can help you...

- Consolidate debts, no interest
- Settle your debts without a bankruptcy
- Stop collection calls and garnishments
- Get rid of tax debts and court actions

NONA KUMAR
Estate Administrator
Credit Counsellor

Free Consultation: 416.455.7709
Evenings and weekends appointment also available

Rumanek & Co. Ltd. Administrators of Proposals, Trustee in Bankruptcy & Debt Consolidation Arrangements:
Head Office in North York, ON. Offices in Scarborough & Mississauga.

TOO MANY BILLS.... ...GET A FRESH START!

Bankruptcy • Proposals
Debt Counselling

416-740-5400
Toronto • Rexdale • Etobicoke • North York
Don Mills • Bloor West • Scarborough

905-273-6300 Mississauga • Brampton
1-888-329-5198 www.billfixer.com

FREE Consultation · Evening Appointments · Flexible Payments

KEVIN THATCHER & ASSOCIATES LTD.
Head Office: Rexdale, others non-resident
TRUSTEE IN BANKRUPTCY

MORTGAGE APPROVED!

- 1st and 2nd Mortgage for any purpose.
- Refinance to 87%. Purchase to 95%.
- With rates at historic lows, now is the time to re-finance your home!
- Consolidate cards into 1 payment
- Self-employed? Stated income.
- Good and bad credit are welcome!
- Behind in Mortgage Payments?

WE CAN HELP!
HOMELAND MORTGAGE
416-519-3505 OR 647-273-5626
WWW.HOMELANDMORTGAGE.ORG

License # 11991

EMPIREONE

SCARBOROUGH
250 Consumers Rd. Suite 810

NORTH YORK
1111 Finch Ave. W. Suite 203

CREDIT PROBLEMS?
REDUCE YOUR DEBTS & SLEEP LIKE A BABY

Consolidate All Your Debts Into
One Small Monthly Payment & Pay NO Interest
WE OFFER FREE CREDIT CHECKS
FREE ONE ON ONE CONSULTATION

BBB ACCREDITED BUSINESS

OSHAWA
299 Simcoe St. South

416-900-2324
www.empireonecredit.com

MISSISSAUGA
165 Dundas Ave. W. Suite 307

LOWEST RATES for bad credit loans since1984

Need a loan? PFS
FAST Same day loans

Personal loans ▸ Up to $5000 (1 yr on job; $16/hr.min.req.)*
Car paid off? ▸ Up to $20,000 (car 6 years or newer)*
Open loans. ▸ *Pay off early. Get refund.*

(416) 634 - 2013
*Call for details and conditions

Prudent Financial Services
PrudentLoanApprovals.com

MORTGAGES

1st & 2nd Mortgages
Debt Consolidation
*Low Rates, *No Fees
Bad Credit Welcome
*CREDIT APPROVED
*terms and conditions apply Lic# 10154

MORTGAGE GENIE
www.mortgagegenie.org
416-667-9834

PSYCHIC

No. 1 Astrologer & Psychic
Pandit: BALAJI
MEET ME ONCE & MAKE YOUR TROUBLE-FREE

Reader & Advisor Solves Problems like Health, Depression,Money, Court Family, Education Etc
TREATS BLACK MAGIC, VOODOO JADOO & GIVES 100% PROTECTION
BY PERFORMING POWERFUL PRAYERS
647-924-7063 , 647-855-0966
212 A Queen St. E. BRAMPTON
Queen & Kennedy

HOME IMPROVEMENT

Harry's PAINTING & DECORATING

1-Bedroom Apt.	2-Bedroom Apt.	3-Bedroom Apt.
$420	$500	$580

Includes materials and paint. Straight ceilings and walls in living room, hall, bedroom, kitchen & bathroom.

647-871-5200
CALL 416-783-7981

PSYCHIC

PSYCHIC & ASTROLOGER Pandit: Ravi Shankar

IF YOU ARE FACING ANY KIND OF IMPOSSIBLE PROBLEMS, I WILL HELP YOU TO SOLVE PROBLEMS FOR EVER
WORK * HEALTH * DEPRESSION * LOVE
FAMILY * CHILDREN * FINANCE ETC

REMOVES BLACK MAGIC & GIVES PROTECTION
647-924-7249, 647-764-9199
7086 #7A AIRPORT RD. N, MISSISSAUGA
AIRPORT / DERRY, ABOVE MAKKAH JEWELLERS

Sri Shiva Parvati Astrology Center
Pandit: VIVEKANANDA

World Indian Astrologer & Psychic
Health, Family, Forsee, Business Job , Jealousy, Sexual, Marriage, Love, Loneliness, Depression etc.
GOOD SOLUTIONS FOR ANY PROBLEM & DESTROY EVILS
Removes Black Magic, Evil Spirits, Voodoo & Obeya Jadoo, Butu, Evil Eyes, Bad Luck &any Problem
PRIVATE & CONFIDENTIAL
100% GUARANTEED
647-657-5565
2667 Eglinton Ave. E, Scarborough ON, M1K 2S2 (Nirma Silk Inside)
(Brimely & Eglinton)

HEALTH

ROYAL CARE MEDICAL CENTRE
295 College St. @Spadina
ACCEPTING NEW PATIENTS
For appointments call:
416.925.5511
PHARMACY & REHAB ON SITE
No $2 Co Pay for ODB recipients
Free delivery in the GTA
FREE PARKING

LAKESHORE WEST MEDICAL CENTRE
3-2083 Lakeshore Blvd. W @ Park Lawn
416.252.2775

WORK / EDUCATION

OPEN HOUSE

MEDIXCOLLEGE.CA
TORONTO CAMPUS
CSW + PSW

MAY 8,9,10

Medix College of Healthcare
866.981.0683

Kali Mata Astrologer & Psychic
Pandit: SHANKAR SHASTRI

If you are Suffering from Problems

* Love	* Children
* Job	* Health
* Business	* Jealousy
* Money	* Depression

Expert in Removing Black Magic, Jadoo, Voodoo, Obeya, Evil spirit& Gives 100% Life Long Protection
For Appt 647-330-6629

World Famous Indian Astrologer
Pandit: Jagadish

TAKE RIGHT DECISION AT RIGHT TIME
He understands Problems & Gives Right Guidence
Marriage, Business, Job, Enemy, Sexual, Family Children, Health, Love, Money, Depression etc
I CAN HANDLE ANY PROBLEM
Removes Black Magic, Bad Luck, Obeya and Voodo in 2 Days & Gives Immediate Protection
100% GUARANTEE 647-532-8224
1290 Finch Ave. W, Unit 23, North York (Keele & Finch)

Horoscopes

♈ Aries
March 21 - April 20
You will get what you desire today but you will have to pay a price for it. The planets will reward you for your hard work but they will also ask you to sacrifice something you may not want to give up.

♉ Taurus
April 21 - May 21
The Sun's link to Jupiter will give your confidence a much-needed boost today but you may still have to learn that in order to get some you also have to give some.

♊ Gemini
May 22 - June 21
You will be in one of your more impulsive moods today. Try not to spend money on things you don't need unless you know you can afford it — and unless you have won the lottery you know full well you cannot.

♋ Cancer
June 22 - July 23
You will be called upon to help someone in need and no matter how busy you might be with your own tasks and chores you must come to their aid.

♌ Leo
July 24 - Aug. 23
The planets warn that you may have deviated from your blueprint by a small amount, so maybe you should stand back from what you are working on and make sure it is still going according to plan.

♍ Virgo
Aug. 24 - Sept. 23
It's time to get working on something of a creative nature that you have been thinking about for quite some time. It will take a great deal of effort, both physical and mental, but it will be a success.

♎ Libra
Sept. 24 - Oct. 23
Don't try to force others to do your bidding today because they will make such an emotional scene that even you will be embarrassed.

♏ Scorpio
Oct. 24 - Nov. 22
Someone you encounter on your travels will turn out to be a very important contact, both personally and professionally. Make an effort to get out and about and meet people.

♐ Sagittarius
Nov. 23 - Dec. 21
If others won't give you what you deserve then you will just have to take it for yourself. You have worked long and hard to reach your current position and have no intention of letting others take the glory.

♑ Capricorn
Dec. 22 - Jan. 20
You may be eager for success but don't forget the many responsibilities that go with it. Remember, once you have committed to something, once you have signed on the line.

♒ Aquarius
Jan. 21 - Feb. 19
Something is holding you back, something is stopping you from reaching your true potential. According to the planets it could be your own self-doubt that is preventing you from pushing ahead.

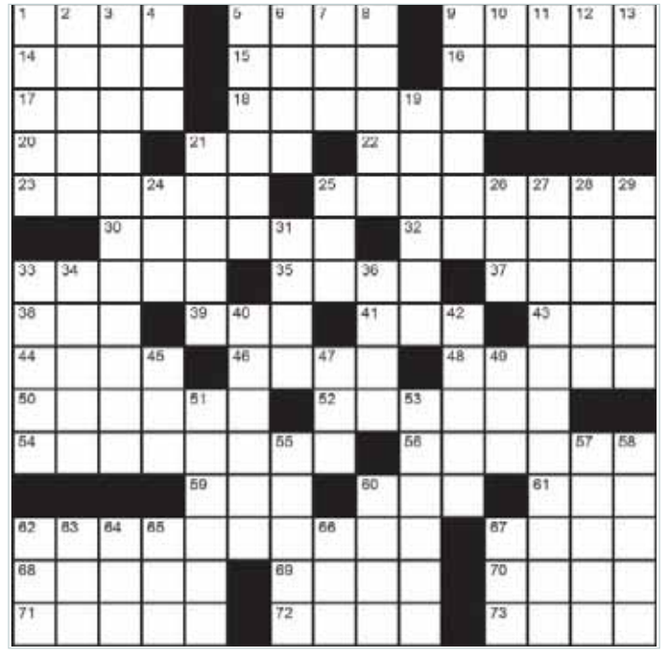
♓ Pisces
Feb. 20 - March 20
Keep your long-term goals at the forefront of your mind and don't let anyone put you off your quest. So-called friends will come up with all sorts of reasons why you should think again. Be true to your instincts.

SALLY BROMPTON

Crossword: Canada Across and Down

See today's answers at metronews.ca/answers.

BY KELLY ANN BUCHANAN



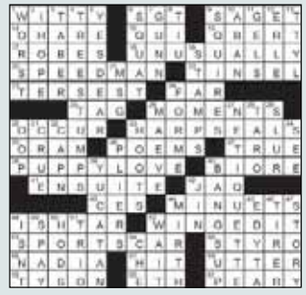
Across

1. Sort
5. Dither
9. Frigid
14. Currency exchange fee
15. Jumble
16. France: Winery river valley
17. Canvas sneakers brand
18. Annual overseas song contest currently underway in Copenhagen
20. "__ be better if..."
21. Gallery piece
22. Movie genre, __-com
23. Sedately
25. Southern Ontario city; or, ABBA song which was the #18-Across winner in 1974
30. Toronto-born jazz singer, __-Claire Barlow
32. The Band's "_ __ Be Released"
33. Hurt
35. Mr. Griffin
37. 'Chant' suffix
38. Mailing encl.
39. Champion
41. Moray __
43. Finished with work [abbr.]
44. British streetcar
46. 'Problem' suffix
48. Kimberly Stewart's mom
50. Country singer Jason
52. Impaler's weapons
54. Toronto Blues Jays sport
56. Degrees
59. Poet's 'not closed'
60. Mr. Craven
61. Bottle's 'lid'
62. Biosphere Reserve region of Quebec
67. Volcanic shape
68. Beach item
69. Against
70. Russian river
71. Ms. Blair
72. Egg masses
73. Alter

Down

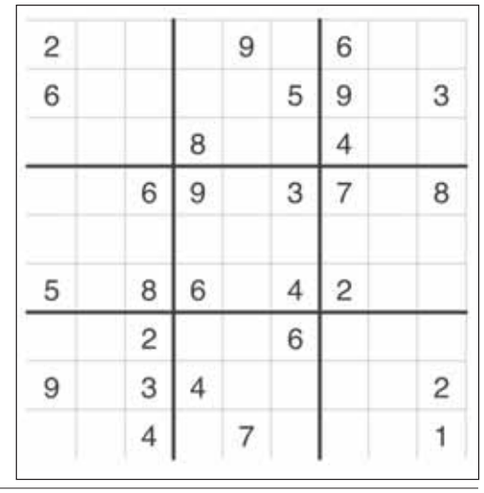
1. Joe __ (Colorado Avalanche executive born in Burnaby, BC)
2. Songbook standard: "_ __ _ Kick Out of You"
3. Spring's curly-topped shoots
4. Froms opposites
5. Ms. Crow
6. Seagoing, shortly
7. Galilee's locale [abbr.]
8. Ms. Birch
9. Juno-winning musician aka Claire Boucher
10. Uncertain utterances
11. Law: French
12. Ancient veil-giver
13. Study
19. Certain candle
21. Actress Ms. Valli
24. French 'Mrs.'
25. Diminutive
26. Scoreboard letters over '0 0 0' at the start of a game of #54-Across
27. War of 1812 heroine, b.1775 - d.1868: 2 wds.
28. Clark Kent's co-worker Jimmy
29. "Get Here" by __ Adams
31. "How _ __ Your Mother"
33. Take _ __ at (Attempt)
34. "Cheers" barmaid
36. Prefix with 'angle'
40. Toasty tray tidbit
42. The Great __
45. Michie __, Canadian rapper
47. PEI part [abbr.]
49. After-Exodus bk.
51. Ancient cloak
53. Tony-winning Canadian actress Ms. Smith (b.1921 - d.1993)
55. Mr. Burton
57. Hawaiian island
58. Wheat type
60. __-Out (Bic product)
62. Li'l dollar parts
63. Gardener's tool
64. Hole-punching tool
65. Ad __ (Relevant)
66. "Thou, too, sail __, _ Ship of State!" - Longfellow
67. Pool stick

Yesterday's Crossword

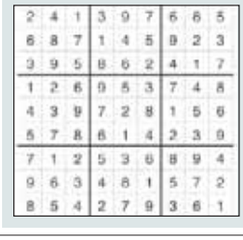


Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.



Yesterday's Sudoku



Today
14°/5°
Partly cloudy

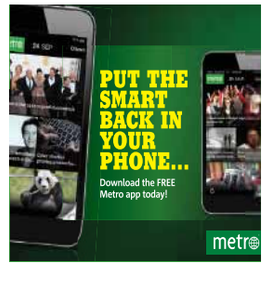
Wednesday
13°/8°
Showers
40%

Your #1 weather forecast now available in HD.
Check your local listings for details.
The Weather Network | HD

©The Weather Network 2014

Are you between 15 & 30, out of school & work and NEED A JOB?
The YOUTH EMPLOYMENT FUND invests up to $7,000 in every eligible youth to help secure long-term employment
Contact us to register for the next information session
1415 Bathurst St. (south of St. Clair Ave W) www.jobhouse.ca 416-531-4631

Also, you could win a monthly metropass
To be entered into the draw, register for the Youth Employment Fund during the month of May.
(please note: this applies to new registrants)
St. Stephen's Community House
Employment & Training Centre
EMPLOY ONTARIO



FLIGHT CENTRE®
The Airfare Experts
1 877 923 2248
flightcentre.ca

Las Vegas Flights + 3 Nights
$398
Circus Circus
INCLUDES accom on the Strip. Departs May 26/wsv/ws. UPGRADE to 5-star Mandalay Bay for $464.

Conditions apply. Ex.Toronto. All advertised prices include taxes & fees. Package prices are per person, based on double occupancy for total length of stay unless otherwise stated. Prices are for select departure dates and are accurate and subject to availability at advertising deadline, errors and omissions excepted, and subject to change. Taxes & fees include transportation related fees, GST/HST and fuel supplements and are approximate and subject to change. wsv/ws=WestJet vacations
Head office address: 1 Dundas St W Suite 200, Toronto, ON. Call for retail locations. ONT. REG #4671384
tico.ca

WINNING.
IT'S A FAMILY TRADITION.

AUTOMOBILE JOURNALISTS ASSOCIATION OF CANADA
www.ajac.ca

2014 MAZDA3
BEST NEW SMALL CAR (UNDER $21,000)

CANADIAN AUTOMOTIVE JURY
Seal of approval
2014
Approuvé
JURY AUTOMOBILE CANADIEN

BEST OF THE BEST • GRAND PRIX

AUTOMOBILE JOURNALISTS ASSOCIATION OF CANADA
www.ajac.ca

2014 MAZDA3 SPORT
BEST NEW SMALL CAR (OVER $21,000)

auto123.com
5th
2010 • 2014

2014 CX-5
COMPACT UTILITY OF THE YEAR

AUTOMOBILE JOURNALISTS ASSOCIATION OF CANADA
www.ajac.ca

2014 MAZDA6
CANADIAN CAR OF THE YEAR AWARD

awardwinningfamily.ca

zoom-zoom

mazda